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USGF GYMNASTICS

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On the cover: *Kathy Johnson*

Kathy Johnson is from Division Georgia and holds with Ross and Shirley Cook of the Atlanta School of Gymnastics. Kathy is the senior member of the Women's Old National Team. Awarding fees in the June for the last seven years, the gymnastics competitive cover (right) include: 1977 American Cup Champion, 1978 Champion of the USA, 1978 World Championships bronze medal in floor exercise and 1980 USA Olympics. Kathy's career began in 1968.

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USGF EDITORIAL

LI-TI-GIOUS

ROGER COUNSEL

Ligious as defined in the dictionary means "inclined to judicial contest; subject to or involved in dispute at law; or pertaining to litigation." Used in a sentence — "Today we are living in a litigious society." Another sentence: "Situations surrounding poorly organized and supervised gymnastics meets can be quite litigious."

We are in a sport not unlike all other sports that can have conditions that are, indeed, quite litigious. In a sport prone to litigation or lawsuits, as in gymnastics, there are ideal situations and situations which are not so ideal where competitors are concerned. The sport of gymnastics in light of an increasingly litigious attitude on the part of the population will need to concern itself to an even greater degree with exercising stringent standards of care with regard to athlete readiness, practice environment, and the competition environment. In order to do this, the system which has been heretofore acceptable may no longer be acceptable with regard to evaluation of the aforementioned factors — safety.

Who is to make this evaluation? This, of course, is one of the biggest issues that face the USGF. Obviously, we do not have the staff nor the funding to travel around to many USGF meets at all levels that occur in the United States, and make the necessary evaluations to issue a high standard of safe competition.

Should the meet host make the evaluation? Should the meet manager make this evaluation? The answer is probably "no" because as the meet manager can be biased in this department. The meet manager is often the owner of the gym and the owner of the equipment and is quite desirous of putting on a competition for whatever reason. For this reason, that desire to put on a competition could conceivably make the meet manager biased with regard to not seeing a frayed cable that should be seen a loose place that should be tightened, a bar that has a slight crack in it or any of the many other situations that could occur in a gym. Who then should make the evaluation? If it is my personal opinion the logical choice would be the designated head judge at all USGF competitions.

In other words, the judge should do more than judge performance. The judge should help insure that the environment is conducive to that performance, which is another way to say a safe environment. This means the judge would need to consider many new factors, factors that do not surround the actual technical aspects of a gymnastics performance. These factors would be evaluations of the competitive environment with regard to complying to the specifications set forth in the USGF Equipment Policy, the temperature in the gym, whether or not fire exits are marked, the legal allowable occupancy of the gym in which the competition is taking place, traffic pattern on the floor to the various pieces of apparatus as well as judgments with regards to the readiness of an athlete to continue after a bad fall and the readiness of the athlete to compete at the beginning of a meet if there are obvious physical deterrents to a safe gymnastics performance to name several factors. These are all non-technical competitive matters, but matters which require judgement and which must be enforced by a responsible party to ensure a reasonable standard of care by the United States Gymnastics Federation with regard to its gymnastics competitions.

The main effect of this change, the increase of responsibility of the head judge, would be to insure less likelihood of injuries, lower insurance claims and less loss rate on the part of the athletes with regard to having a pleasurable educational experience in their exposure to gymnastics.

How can this philosophy be effected? It is going to take policies on the part of various individuals and judges associations with regard to what judges do when they accept a position as head judge at a USGF sanctioned competition. In this way the USGF will be meeting its legal and educational responsibility in exercising reasonable standards of care with regard to the staging of gymnastics competitions. In this way we can strive to produce a sport that would be the least litigious of all amateur sports.



At the 1982 USGF Congress in Fort Worth, USGF Executive Director Roger Counsel presents Johnnie McNamee with her award — a plaque — at the 1982 USGF Gymnast of the Year competition.



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HUMAN DEVELOPMENT IN PERSPECTIVE

RICHARD KAZINY

Most of the talk and coverage of sports for the adolescent in today's society deals with the thrill of victory and the agony of defeat. One neglected area that this article attempts to deal with is the effect of sports and competition on the developing adolescent. I'm sure all of us are aware of the story of the pushy, aggressive parent who leans on his or her child a little bit too hard in something that should be a purely recreational experience such as a Little League baseball game. But, sometimes the pressure can even be worse. If a child is receiving pressure not only from his parents but from his coach and peer group, then the child has nowhere to turn.

Legally, a child is in the custody of his or her parents and it is the parent's responsibility to determine the moral, character and proper interests of a coach in dealing with young people. The parent should be aware of this responsibility and monitor the child's progress throughout any sports experience. We as a society have a tendency to put too much trust in someone who is labeled an "expert" and just assume that they are doing the right thing. Usually a parent knows little about the sport which their child is in. A lot of coaches use gimmicks like media hype, computers or made-up technical language to appear to be an "expert" in a sport. It is difficult for a parent to discern whether the coach is truly an expert in the sport or merely a charlatan. But, the parent is aware of whether a child's safety and well-being is best on a coaches list of responsibilities. Even in such an enjoyable area as sport, there are coaches who are more motivated by ambition and ego and have "tunnel vision" towards success rather than ensuring the proper development of the child.

Let's stop here and examine the needs of a child in the developmental process. First, a child is developing physically. For example, we all know that when we are born our skeletal structure is made up of a great deal of cartilage and does not become bone until early adulthood. Care to the child's body is very important during growth because physical injury or disease can impair the growth process. Second, a child is developing socially. The effect on the child that peers have in a gym or on the field will mold his or her social behavior for the rest of his life. If the atmosphere in a practice or competition has the child pursued by coaches and peers, socialization can be severely stunted. Third, and most importantly, a child is developing psychologically. The adult role model that the coach portrays for the child, and the reinforcement received by the child during activities develop the child's personality structure. An ambitious, overbearing coach can help destroy a child's self-confidence and make the child feel inadequate as a human being.

This position becomes more important when we look at the current trend in sport. High level athletes are beginning to enter sports and peak in sports at a younger age. The emergence of such athletes as Nadia Comaneci, Greg Louganis, Tracy Caulkins and others point to this trend. The younger a person is, the more delicate they are physically and psychologically. This is felt that the coach and parent must be less demanding and very watchful of the young athlete. Too many young and gifted athletes are either physically harmed or mentally burned out by a sport and end up dreading the sport and the experience.

The intention of this article is not to change people's thinking



on requiring excellence in what is accomplished but to convince that it can be accomplished without physically and mentally punishing the child to get there. A child who is properly motivated, psychologically able, and physically gifted will excel to greater heights if proper care and patience is given to their development. All of us have participated in sports and have achieved a level of satisfaction which I feel is independent of the level of success. Sport allows us to experience new social acquaintances, employ strategies and make sacrifices in achieving new goals, and keep our bodies young. Sometimes all the parameters (like holy heck) are favorable to achieve success.

The worse situation that can appear for the child is when he or she is pressured by both the parent and the coach. The child then has nowhere to turn and gives into the guiding adult demands. The possible effects of such an experience are appalling. One suggestion for the child is to seek the guidance of a school or church social worker or counselor. The counselor may be able to talk with the parents and find a creative solution to the problem.

My opinion in making the best decision in a situation is to leave it up to the athlete. An unpressured and free-thinking child will be able to define what they want and what they don't want. It is our duty as parents and coaches to pay strict attention to the athlete's needs and wants and disregard our own. We must promote sport with the utmost attention to the athlete's safety and development as a child and human being.

About the Author — Dick Kaziny is a graduate from the University of Michigan in Ann Arbor with a degree in Computer Science. While a collegiate competitor he was a NCAA Division I three-time All-American and a member of the 1970 NCAA Championship Team. Since graduation, Dick has attended graduate school, traveled the world, taught, coached and judged gymnastics and has worked in systems analysis.



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MARCIAS FREDERICK, WORLD CHAMPION—RETIRED

DAN SHAUGHNESSY *The Boston Globe*—Boston, Massachusetts

Milford, Conn. — She can laugh about it today, but it hurt at the time.

Champion gymnast Marcia Frederick — then 17 years old and enjoying all the attention and wonder of her first boyfriend — was tossed out of a public women's restroom by no celebrity woman who mistook her for a young man. It was the fall of 1968. It was time to retire from gymnastics.

"I had just met my boyfriend," she recalled. "I walked into a women's room and some lady grabbed me by the arm. She told me the boy's room was next door. She and her friend threw me out. It was such an assault. I had spent three or four hours trying to look good. I had tried so hard to look like a girl. I cried all the way home. That definitely pushed me past the edge. No one was ever going to call me a boy again."

Frederick retired six months later, came back for 18 appearances in the Kurt Thomas pro gymnastics tour last winter and retired permanently in February.

"I was tired. I hated driving to the gym. I couldn't make it without people persistently picking me up and making me do a routine. I wanted to find out what I could do besides gymnastics and who I was besides a world champion. I thought, 'There's got to be something else.'

This is a story of the athletic banality of a child who did what no American woman ever had done. Competing at the World gymnastics championship in Strasbourg, France, in October, 1978, 15-year-old Marcia Frederick won a gold medal in the uneven parallel bars. She beat the best, including Romania's Nadia Comaneci. It remains the only gold medal ever awarded to an American woman in any international gymnastics competition.

"Everything I did was gymnastics. I breathed gymnastics; I slept gymnastics. I dreamed gymnastics. I looked gymnastics."

High Price of Success — The price was great. For one year, Frederick spent 9 to 10 hours a day perfecting her routines. She left her home to live and train at Marvel Grossfeld's school of elite gymnasts in Milford, Conn., a move that ultimately separated her parents and two sisters in 1976.

In quest of Olympic gold, Frederick surrendered her independence, her sex roles and her femininity.

"Everything I did was gymnastics," she said. "I breathed gymnastics; I slept gymnastics. I dreamed gymnastics. I looked gymnastics. I had the short hair and the body ... everything."

"The price you pay is hard work, tears and pain. Dedication. You have to be totally oblivious to everything else in the world besides gymnastics. Is it worth it? I don't know. If I had to do it over again, I think I would, but maybe I'd go about it differently."

Photographs tell the story of Frederick the competitor vs. Frederick the 19-year-old American girl. The competitor is a muscular, masculine pre-pubescent, big-eyed robot — a gymnastic machine worthy of any Commissar Bloc nation. Marcia the American girl is a chic, attractive, green-eyed, auburn-haired young woman. She will never again be mistaken for a boy.

"I'm 10 pounds thinner, bigger in the chest and have longer hair and painted nails," she said proudly. "I just wanted to be like other girls."



Marcia Frederick in 1978 at the World Championships held in Strasbourg, France, became America's first and only women's world champion by winning the uneven bars title. Marcia earned a 9.05 in final bars competition, from Inessa Matukina (URSS), Rosalie Flory (USA), Marcia Pliaskova (CZE), Norka Comaneci (ROM) and Sonja Krebs (GDR).

1

Photo by Bob Kuban



Even though floor exercises brought Marcia considerable grief, her other three events were almost as strong. At the World Championships in 1979 and 1980, Marcia placed 2nd and 3rd in all-around finals. (Inset) Marcia demonstrates hers in one of her last competitions, the All-American Classic in Los Angeles, Calif., in January of 1981. (Inset) When Marcia scored a perfect 10.0, Army Lt. — and American Press photo — gave her the art of a moment there. Also to the right is one of her two coaches, Don Peles.

Some New Besides — In the summer of 1982, Marcia Frederick is like the other girls. She cares about her boyfriend, her figure, her family and — sometimes — her future. She wants to earn people likes to Bruce Springsteen, ride motorcycles and cheer for the Red Sox.

"People who are locked up in one place for so long see only four walls and nothing beyond those four walls," she said. "For a time, that was great; it was what I wanted. But when I opened my eyes and saw other things, I was curious."

In an age of instant gratification and 10-minute attention spans, America's children typically frustrate and bleed their parents with a variety of temporary interests. On Monday, Johnny is ready for piano lessons. Wednesday, he's committed to playing shortstop for the Yankees, and by the time the weekend rolls around, the lad has seen a Jacques Cousteau special and thinks he's got a future in oceanography.

Marcia Frederick was different. She knew what she wanted to do, had the ability and had parents who were willing to pay well to achieve the goal.

"They knew what was in my heart," she said thankfully. "They knew what I was made to do. My parents and my sisters, they gave up a lot for me. It wasn't an easy thing for the family to move. It was a lot of adjusting, a lot of time and a lot of money."

Push Comes to Shove — Too much house would say. When a rare talent bursts out by age 10, it's easy to say that her parents pushed too hard. Frederick insists she was not pushed, but admits, "I never had control over my situation. Everything was their idea. Even today, I have a terrible time making decisions on my own because I'm so used to people making decisions for me."

Frederick was 9 when she first gripped the uneven bars at the Springfield Mass. YMCA. Four years later Marcia Grossfeld, a U.S. Olympian in 1976 and 1980, saw Marcia and told Christine and Charlie Frederick that their daughter should have serious training. Marcia met the requirements of flexibility, strength, intellect and genetics and enrolled in the high-powered Greenwich Academy in June of 1977. There she worked under the tutelage of Grossfeld, four other elite coaches, three dance and beam specialists and a full-time pianist.

Living in the white clapboard house adjacent to the draft 385,000-cylinder gym, Marcia and 10 other gymnasts trained five hours per day, five days per week. She kept detailed records of her workouts, followed a strict diet and shared housework with the others. She went to school at nearby Lauritzen and occasionally made it home for a weekend.

In those days, she always had tired eyes. "I was always training," she recalled. "And I never gave myself time to rest mentally."

The school combined the regimentation and innocence of a military academy with pressure to succeed and fear of failure. There was guilt too, because rest, meals and coaching cost academy parents more than \$400 a month.

"I felt immensely guilty," said Frederick. "When my parents would argue, I'd think it was my fault. However, it was a lot of anxiety, a real strain."

Triumph in Strasbourg — The investment paid off in Strasbourg on Oct. 18, 1978. Competing first, Frederick scored a 9.95 in the uneven parallel bars. No one beat that score, and the whole world watched while they raised the stars and stripes and played Francis Scott Key's garrison hit after Marcia was awarded her medal.

"Nothing can compare to that feeling," she remembers.

It was different after that. She was a celebrity. She was escorted in a limousine when she returned from France. She signed autographs, did interviews and trained for the ultimate — Olympic Gold.

Victims of America's 1980 Olympic boycott are interviewed
continued on page 56



George P. Nasen and Glenn M. Sandby, two pillars in the sport of gymnastics were awarded the United States Gymnastic Federation's most prestigious award, the Master of Sport during the 1982 USGF Coaches Congress conducted at the Americana Hotel in Ft. Worth, Texas September 26th through the 26th. Nasen, the man who imported, invented and manufactured gymnastic equipment for American gymnasts and Sandby the man who first published stories and photographs about the achievements of American gymnasts, joined an elite group of Master of Sport recipients including Frank J. Camaskey and Eugene Werthauer, 1972; Mildred Prival, 1973; Charles Pond, Tom Malone, Erna Wachol, Newt Loken, Clayton "Red" Marquart and Joe Gal Lombardo, 1977; George Krypala, Lyle Weber, Bill Crenshaw, George Lewis, and Jerry Hardy, 1978; and Jackie Fagan in 1980.

Call it coincidental but appropriate that these two men were honored with the Master of Sport on the same occasion. Their contributions to gymnastics sports have been unique, monumental and often in partnership. They are close friends whose joint gymnastic ventures have been many, covering several decades. Each of these two men has his ideas, his vision, his beliefs and of course, his story. It is timely for the USGF to recognize their accomplishments while they are still alive as neither Glenn at 63, nor George at 66 are thinking about retirement.

George figures on at least thirty more years of productivity while Glenn sports the physical physique of a twenty year old. It would be difficult for any of us to speculate what special projects these men might take on next. However we can all imagine or rather not imagine how it would be to not have had chronic gymnastic equipment to "swing off" or not to have had a Modern Gymnast in place through.

Glenn Martin Sandby —

Glenn was born November 4th, 1919 at a Swedish Hospital in Minneapolis fifteen minutes before his twin sister, Gladys. After a period in South Dakota the Sandbys moved to sunny Southern California in the fall of 1932. Glenn's first introduction to gymnastics was watching gymnasts on the playground apparatus in Santa Monica Beach. Being small for his age, Glenn always made a good top man for pyramids and hand

balancing. Van Dusen his high school coach and physics teacher, encouraged Glenn to become a competing gymnast. By his senior year Glenn was winning most of the gymnastic events and excelling on the parallel bars where he placed third all City.

Glenn's other interests were exotic automobiles and singing in the high school and church choirs. He was not the academic type and did not figure on attending college. The United States was just coming out of the Great Depression with Glenn graduating in the winter of '39 when he met George Wayne, a two-hundred pound ex-wrestler and body builder. Glenn and Wayne teamed up for a show business career with a hand balancing act called "Biploots in Balance." They got their first big break in New York while performing in Michael Todd's musical, "Star and Garter" starring Gypsy Rose Lee in 1945. Glenn's other sister, Delores, joined the act which became the "Wayne Martin Trio."

While on tour in 1949 in Washington, DC at the Sherman Hotel, Glenn gained national attention when he walked down every step on the Washington Monument on his hands! He was featured in "Ripley's Believe It or Not" comic section of news papers across the nation.



PYRAMID POWER

Article by
Bruce A. Davis

In 1949, Sandby took his first crack at the publishing business in a small rented office in New York when he published seven issues of Acrobat magazine. Dick Wilson, editor-in-chief's Mr. Whipple, "Please do not squeeze the Charmin," helped with many of the layouts for Acrobat. Frank Wells contributed the first gymnastic article and Joe Schuster, the creator, theorist of Superman, drew the first advocate strip — "The Adventures of Jim Nasen."

Glenn had to abandon Acrobat and its 450 subscribers when road tour obligations took the Wayne Martin Trio out of New York. For the next five years the Wayne Martin Trio hooked up with Spike Jones and his Musical Madness as a straight act touring the continental United States and several foreign countries. The Trio's final tour appearance was in Australia in 1955 and upon returning to California, Delores married. George Wayne became a Jesuit brother and GMG settled down to be a Santa Monica landlady at age 36.

Quidley tired with this lifestyle, Sandby decided to publish a magazine once again, but this time concentrating on gymnastics rather than acrobatics. In December of 1956 he published his first complimentary issue of the Modern Gymnast a thirty two page soft-ripped edition with Jack Beckert, 1956 National All-Around Champion, on the cover. The next issue appeared in May of 1957 and from that point forward Modern Gymnast became not only a magazine, but the most complete available record of United States gymnastics. Gradually, the Modern Gymnast increased in size, number of pages, color and scope of coverage. The name Modern Gymnast gave way to MG, and MG gave way to Gymnote and finally in 1976 with the advent of Josef Goldfarb's International Report, Gymnote became International Gymnast. Subscriptions grew to nearly 30,000 in 1978.

Deprived of a formal college education in journalism, Glenn was always striving to "just keep the magazine going." MG's functioned as an editor, writer, photographer, layout man, or whatever job was necessary to get it out to the gymnastic community. Sometime MG was late or there was a mistake here or there but most certainly it has withstood the test of time.

Sandby's background enabled him to attract many contrib-

GEORGE NISSEN AND GLENN SUNDBY



ON TOUR ATOP THE
EGYPTIAN PYRAMIDS

1982
Master of Sport Award
Recipients

United States Gymnastics Federation, 1982 Congress, Fort Worth, Texas

lations to the magazine. Rather than professional journalism, the people involved in gymnastics were the contributors with star acts, photos, cartoons, drawings, short articles, viewpoints and opinions about their sport. Everyone was given their opportunity to be seen or heard.

As if AG was not enough, Sandly created Mademoiselle Gymnast, a quarterly magazine, in the 1970s to keep pace with the dynamic emergence of women's gymnastics in the US. Later in the seventies, Sandly cooperated with, purchased, and became the publisher of Gymnastics World, a youth and club oriented magazine. Glenn was always supportive of his competitors rather than prudish with them. "Our competition could only make gymnastics a better sport," contends Sandly.

During the shomy days of gymnastics in the sixties Glenn supported the men's collegiate gymnastic coaches in their effort to form the United States Gymnastics Federation. Glenn went "out on the limb" allowing Modern Gymnast to serve as the official magazine of the USGF, the body which replaced the Amateur Athletic Union as the ruling organization for the sports of gymnastics.

Today GMS resides in Encino, California, a mostly nuclear family, wife Santa Monica, home of AG magazine with his wife Barbara and his son Scott. He is involved in many church activities involving athletes in Action. He is a physical fitness buff who conditions and jogs regularly. Like George Nissen, Glenn is on the Board of Directors of the Aerospots Federation. For several years he has published and printed Aerospots magazine with much of the expense coming from his own pocket.

As for the new future, Glenn plans to continue publishing AG staying in shape supporting his church and enjoying family life. Most of Glenn's friends know him as the man who coined the phrase, "Have a Happy Handstand," as the man with the straight body physique (resembling a streamlined hood ornament on an automobile), as the man with a happy cowboy in his hair and a reliable in his blue eyes for what he is — a man of many ideas and visions.

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George P. Nissen — George P. Nissen was born, or rather as they say in Iowa, "garnished" in 1914 in the state that was to be his lifetime home. He graduated from the University of Iowa in 1937 after winning national collegiate tumbling titles in '35, '36, and '37. Additionally, he was an All-American diver and graduated with academic honors. He began developing his beloved trampoline in an old garage in Cedar Rapids. He could often be seen around town gathering scrap metal to be used in his first trampolines.

During World War II, Nissen was an instructor in the Naval Pre-Flight program with the military rank of Lieutenant. He convinced the Navy that the trampoline was just what was needed for the physical training of flight pilots as a coordination builder and general conditioner.

After the war Nissen continued to promote the trampoline with exhibitions and demonstrations for schools, colleges, state fairs, YMCAs and for whoever would watch. Over the years George participated in trampoline shows with his wife Annie, Frank Laties and Bob Penner to name a few. On the state fair circuit Bob and George would go on stage just prior or just after Bob Hope — a good position for exposure. Like Sandly, Nissen also performed in a hand balancing act which toured Mexico billed as the "Three Leonards."

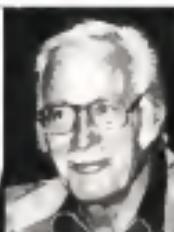
In preparation for the training of the US Olympic team that would participate in the 1956 Olympic Games in Melbourne, Australia, Nissen imported Adler-Eiscochea gymnastic equipment. Nissen continued to import equipment under the name Gymport and became increasingly aware of the problem of equipping American gyms with gymnastic apparatus. During this time



the major equipment manufacturers in the US were Narragansett, Foster and Medart. Nissen bought the gymnastic division of the Medart Company and began to redesign the gymnastic equipment line.

Nissen revolutionized the concept of the welded preformed base. Prior to this all equipment companies made their bases from cast iron poured into a mold. The molds were often in short supply and cast iron would often fracture during ship meat. Besides improving production time, the preformed base was flexible allowing the equipment base to give with the weight of the performer. Nissen's equipment was lighter than his European made competitors and had separate soft wheel supports that could be removed from the equipment after it was installed on the gymnasium floor. This was a first in the United States where athletic directors would often prohibit gymnastic equipment on the varnished basketball floor for fear of damage.

Nissen's rollable system allowed for interchangeable posts and a complete set of Olympic all-around equipment for men and women that was portable — not requiring floor plates. When 'big name' foreign teams came to the US, they were able to compete in the best arenas because of this portability factor.



Gene Weissman had a long and distinguished coaching career at the Penn State University coach for 16 years. Mr. Weissman also served as US Olympic Coach in 1948 and 1956, the Olympic gymnastics team manager in 1976 and an Olympic judge in 1960 and 1968. During his tenure at PSU, he produced 13 Olympians, 37 NCAAs, 11 national champions and numerous state titles. In addition, his track and field coach of the USA National Team from 1968-1972.

Mr. Weissman has been in education 30+ years, 1970 and is currently involved in the US Gymnastics Safety Association, running international meets, working around the country and in civic work at State College, Pennsylvania.

Frank Czernik (1932-1956-1948) won over 25 national AAU championships during his competitive days. He judged at the World Games, Pan Am Games and Olympic Games, and was the first of few invited to the Helen F. Johnson Hall of Fame. Mr. Czernik received the NACF House Coach of the Year Award, NACF Annual Award for Officials and a member of the Fred Gutscher Hall of Fame for Judges. Mr. Czernik served as the USAF Technical Director from 1972 until his retirement in 1977.

He is currently living in Mauldin, South Carolina where he has a lake house and enjoys boating.

Mildred Prchal has long been a teacher of gymnastics and dance. She began her career as a gymnast in 1939 as a competitor in the Junior American Junior Organization. Mrs. Prchal went on to become the first female State's master ever by teaching both gymnastics and dance. She was the director of the Junior National Award of Excellence for women for 22 years and is now a current member of the board. Mrs. Prchal later became involved with rhythmic gymnastics and led the USA delegation to the rhythmic World Championships in 1973. She is a member of the Gymnastics Hall of Fame and received the State Merit Award from Czechoslovakia.

Mrs. Prchal continues as coach of the State to her hometown of Chicago.

Anna Wachol participated in amateur gymnastics competitions for almost thirty years. During that time she claimed nearly 100 awards including National Turner's all-around championship. The former USA Olympic coach (1968) taught gymnastics and physical education for the Chicago Park District Recreation Department and was a member of the USA Olympic Gymnastics Committee. Mrs. Wachol is a member and international/judge card of many years. She attended the Illinois Foundation Hall of Fame induction ceremony in 1986.

Mrs. Wachol currently lives in Chicago.

Joe Glabennick was main coach in the specialty of stretching in both NCAA and AAU competition. In 1960 he became the first coach from a club in the state of Illinois where he continued to coach for many years. Mr. Glabennick was awarded the Illinois Foundation Hall of Fame induction by college coaches and held a national and international judges card for many years.

Mr. Glabennick is teaching, traveling, writing and serves as a private coach in Austria, Texas and occasionally substitute teacher.

Rod cable was also extremely safe. Standard flexible steel strand cables have been known to fracture on occasion causing an apparatus to collapse. This was not possible with the rod cable design.

The Thumble spin locks, double safety ball bearing lift caps and the floating counterbalance feature made Nissen equipment safe and easy to adjust for gymnasts of all sizes! Nissen's ten and blue edition "Panache" fold mats, the roll fold design and a foldable floor exercise mat set the standard for mat production as manufacturers came out of the mat filled mat era. Before he was through, Nissen would be responsible for forty six current patents, numerous trade marks and several inventions.

Nissen's original trampoline design was two cast and five-eighths inch posts heat and welded together. This basic oval design was then filled in and finally cleaned. The same basic concept was used to design apparatus bases. The world stampo line was a Nissen registered trade mark for more than fifteen years. Nissen envisioned that trampolines should be used by more than just gymnasts. After all a swimming pool could be used by divers, swimmers and water bullet athletes, the ice rink could be used by hockey players, speed racers and figure

sisters, the gymnasium by basketball players, indoor track, and gymnasts, the outdoor field for soccer and football, track and field and rodeo, so why not all these things on the trampoline? Thus the creation of Bungee Track and Spacebound played entirely on the trampoline surface by others than just gymnasts. With these inventions George saw an opportunity to promote gymnastics by introducing people to trampoline sports and once they were hooked — show them the gymnastic apparatus.

When trampolines began receiving a great deal of bad publicity due to injuries, Nissen quickly countered with another invention — the double mini-tramp. The advantages of the double mini are in its design. No need to jump over like the old single mini. Low to the ground and easy to spot compared to the open police. All feet first landings which is safer than head first entries. Springer than bumbling. Three tricks in a row rather than just one. Nissen Corporation no longer produces the double mini-tramp. It can only be purchased from companies in West Germany and England.

Upon asking George what he felt were the major forces responsible for building gymnastics in the United States in the post World War II era, he named the following production of equip-

ment by US companies, promotion by International Gymnastic magazine, the National Gymnastic Clinic (Sarasota), the appearance of foreign gymnastic teams on tour in the US, and in last sight, the battle for control of gymnastics by the USGF and the AAI. When asked what the future had in store, his biggest concern is over legal litigation. He feels the legal system is perpetuating cases concerning sports injuries and making someone pay as the result. Most often it is the large company or a university with money that has to pay but it reflects back on the individual who ends up paying more to buy a particular product or who will miss the opportunity to use a piece of sporting equipment because it has been banned. Nissen continues sports equipment to automobiles. People drive automobiles even though thousands die in auto accidents each year. Likewise more sporting equipment cases show up in court than auto cases. It is a rarity to find a trampoline in a gymnasium or a diving board at a motel poolside nowadays.

Like Sundby, Nissen's love is for scrooparts which he more appropriately calls acrognastics. He maintains that gymnastic clubs should take more notice of scrooparts. He points to the following attributes of the acrognosis program: (1) It can be per-



For 35 years **Dr. Loken**

Dr. Loken has been the varsity coach of the University of Michigan during the past 35 years. His teams racked up an impressive win-loss record and have won many big time and NCAA titles. A former NCAA champion gymnast, Dr. Loken has written books on gymnastics, competing, coaching and cheerleading. He is past president of the NAGC and is on the Heinz Foundation Hall of Fame. Dr. Loken has been involved in the AAU, NCGA and the USGF for years in various capacities.

Dr. Loken lives in Ann Arbor, Michigan where he teaches gymnastics and social dance in addition to his coaching duties. He is also the chairman of the Home Coaches Committee and on the Hall of Fame selection committee.

Tom Maloney was born and raised in gymnastics throughout much of his life. He coached at the U.S. Military Academy for many years and was the National Coordinator for the AAU Acro program. Mr. Maloney was the U.S. Olympic Coach in 1952 and 1960 and was the 1964 Olympic team manager.

Mr. Maloney is currently on the faculty of the University of San Francisco, San Francisco, California.

Fred Marquette, Jr. Mr. Marquette is commonly called, with the founder, director and founder of the first private gymnastics club in America — ACAT. His 26 years were the first to tour Europe, Scandinavia, England, Scotland and the USA. Persons he coaches required during 26 years of coaching include: among many 16 Olympians receiving the White House and Hall of Fame award and directing the USA Olympic Team in 1968, 1972 and 1976.

Mr. Marquette is living in Los Angeles, California and is still involved with the American Tumblers National Development programs as well as a part time coach at a local high school.

Donn Charles

Mr. Charles long served as gymnastics coach at the University of Illinois, the Illinois National Guard, NCAA men's titles and 12 Big Ten titles. He coached four women and four men to berths on the U.S. Olympic Team. Mr. Charles was the 1980 Olympic Coach and is a past president of the NAGC. He also directed the 1980 Olympic Trials.

Mr. Charles is a god父 and coach driving in the downtown of Salt Lake City as well as the president of the Utah Academy of Gymnastics.

Bill Cresswell

Mr. Cresswell is the gymnastics coach at the University of Texas for 23 years, but is best known for pioneering the gymnastics club program at his hometown of Austin. Mr. Cresswell has been active in the AAU and later the USGF serving on various committees and organizing clinics.

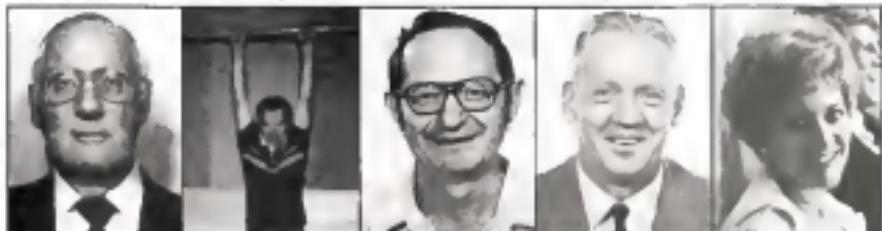
Although Mr. Cresswell is semi-retired, he operates two gymnastics clubs in Austin and runs his sky coupe during the summer months. In his spare time he breeds and raises quarterhorses.

formed by persons of all sizes (2) Men and women compete together (3) There is musical accompaniment to all events (4) There is little equipment to deal with which makes meets and practices easier to set up (5) Persons of any age can participate (6) Competitions are based on what you do — not how you do it (7) Several persons performing together offer the potential for team spirit and more dimension of movement (8) It gives retired artistic gymnasts a second life.

When George was asked how he had been so successful in his field he utilized the following philosophy. Success is attained to prevalence of talk. Success was fortunate enough to be "granted" in the greatest country in the world. He is healthy, not infatuated, and has no handicaps. He has a college education. He figures that anyone who has had all that good fortune should be able to do something with themselves. As for age, Nissen points to Ronald Reagan at seventy, his grandmother at age 100, and Colonel Sanders as examples of persons who have undertaken projects in later life. He feels motivation is the key. New challenges keep to going as surely as food and rest do. A new challenge for George Nissen is conducting the 1983 World Cup of Acrobatics to be held in Cedar Rapids.

What else can be said about the man who has been inducted into the Heims Hall of Fame, is the honorary president of the International Federation of Trampolines (IFT), has received the Distinguished Service Award from the President's Council on Physical Fitness and Sports, is a member of the United States Trampolines Association, and has received the AAHPERW, G. Anderson Meritorious Service Award. And of course there is the Nissen Award, similar to the Bresnan Trophy of Rotuma presented each year to the outstanding male collegiate gymnast. The fact remains if you have not heard the name Nissen before, you have not been around or are new to gymnastics. Nissen's contributions have touched gymnastic programs around the world!

American gymnastics would just not have been the same had it not been for George Nissen and Glenn Sandry. While other "Masters" have contributed to the sport in the areas of performance officiating, administrating, technical aspects, etc., few others have been pioneers pushing their area of expertise like Nissen and Sandry.



Jerry Hardy
has been an official in
gymnastics for more
than 30 years as a
competitor, judge,
coach, administrator and
writer. He competed in
AAU competition 1946 to
1956 and won the
national champion in the
rhythmic competition in
1952. He began judging
and officiating at that time.
He judged in local high
school, national and
international meets. He
judged at the 1958
World Championships in
Moscow and at the 1966
World Championships in
the Federal Republic of
Germany. Mr. Hardy was
the 1953 coach of the
USA delegation to the
Pan American Games
and was on the Pan Am
Jury of Appeals in 1979.
He was the United States
representative to the FIG
1965-1970 and since
1989 has yearly
schooled the gymnastics
representatives in the
two disciplines
of rhythmic
gymnastics.

Mr. Hardy received an
1970-best official award for
judging high school
meets and the AAU
representative to the
USAFIG Board of Directors.

George Lewis
originally began
as a longhairs
gymnast but
switched to coach the
girls. He was best known
for his development of
women's gymnastics on
the West Coast where he
developed about 30
National Champions.
Mr. Lewis currently
teaches at the Northern
Seattle Community
College and still coaches
gymnastics at the YMCA.
At the YMCA he serves as
coach to an "old-ladies"
program where the
average age of the
gymnasts is 25. Mr.
Lewis also owns and
operates Lewis' Gymnastics
Shop.

George Skrypala is
Duly inductee Lansing,
Michigan where he
coach at Michigan
State University. Going
into his 30th year as head
coach at Michigan State,
he has received 38 or
so National Championships,
about 45 Big Ten
Champions and over
National Championships.
Also Mr. Skrypala is
chairman of the Women's
Foundation Hall of Fame and
involved with
Gymnastics Hall of Fame.

Lyle Weber spent his
entire professional life
advancing the sport of
gymnastics. He began as
director of the Health
Club at the Airport
(Connecticut) YMCA.
From there he began his
25 years career as
Professor of Physical
Education and Women's
Gymnastics Coach at
Dartmouth College. Dr.
Weber conducted the
first AAU competition in
the northeast founded
the Georgia Gymnastics
Association founded the
first gymnastics clinic in
Daytona, Florida which
became the National
gymnastics clinic (and
now called NAGCC). Dr.
Weber received
numerous awards, was
on numerous
committees and served
the sport worldwide
50 years.

Dr. Weber is retired in
Athens, Georgia.

Jackie Pie has been
deeply involved in
gymnastics for many
years. First as a
competitor and later as
an internationally
recognized judge and
administrator. The 1986
USA Olympics her
judged three
Olympics (1988 '72 and
'76) and two World
Championships ('70, '73
'79 and '81) as well
as numerous other
international and
national events. Mrs. Pie
is one of few world
members of the FIG
Women's Technical
Committee which is
responsible for World
Championships, Code of
Points (Code 3),
compulsory exercises,
judges training and
technical regulations.
She has written two
books on gymnastics,
and has lectured and
taught courses all across
the United States and in
many international
venues as well. Mrs. Pie
has received numerous
awards and is a member
of several groups.

Mrs. Pie currently
lives in Jefferson, Iowa.

Compiled by Anthony M. DeLoach

LI NING... BY A LANDSLIDE

World Cup '82 Zagreb, Yugoslavia

Article by Makoto Sakamoto and Roe Kreuter
Photography by Eileen Langsley



WORLD CUP — The 1982 World Cup Gymnastics Competition was held on October 22-24 in Zagreb, Yugoslavia. Zagreb situated in the northwestern part of Yugoslavia with a population of approximately one million inhabitants was an ideal site for what promised to be the number one gymnastics competition for the year of 1982. The Yugoslavian Gymnastics Association with the support of the Federation of International Gymnastics (FIG) did a superb job in organizing the prestigious World Cup Gymnastics Competition.

The World Cup attracted the finest gymnasts in the world. One gymnastic enthusiast among nearly one thousand coaches, judges, gymnasts, administrators, and fans that converged from all over the world commented that while previous World Cup Competition, where the All-Around Champion may not necessarily have been the best, this year's World Cup would truly determine the number one gymnast of the world. Such was the impressive list of competitors. Team Russia came Yury Korolev, Svetlana Makarova and Alexander Dianin. The Russian alternate, Pavel Sutin, looked so impressive in practice that one wondered why he was not in the competition. His front flip, front hand-spring, double front and his one arm Delchev on the horizontal bar were awesome. The Chinese sent Li Ning, Tong Fan, and Li Yutong. From a subjective point of view, which the results can obviously confirm, the Chinese appeared more ready and confident than any other gymnasts in this meet. They appeared as if they had done a "million acts" before leaving China, confident on every skill in their routines, apprehensive only on their landings, which they concentrated intensely during practice. The Japanese brought their bronze medalists from last year's World Championships, Koji Gushiken, along with Nobuyuki Kajiwara and Kenzo Goto. The East Germans who a week earlier had down played the USA victory in the DTB Cup in West Germany by stating that they had sent their 4th, 5th, and 6th gymnasts respectively brought to Zagreb their "heavyweights" Roland Bruckner, Ulf Hoffmann and Michael Nitschke. Although the World Cup is not a team competition, it was gratifying to USA Coach Alce Grinsfeld and myself, that the USA combined score beat out the East Germans. The USA must be considered at least the fourth best team in the world, with the clear possibility of a bronze in next year's World Championship. The USA Team was

composed of Peter Vilimz, Bart Conner, and Jim Hartung. The West Germans brought Jürgen Grätz, and Renate Gross. Gyorgy Gaálhelyi from Hungary participated by virtue of winning a medal in the last World Championship. The last nation Yugoslavia, was entitled to two gymnasts. Milen Knežević and Branko Tropakovic were definitely in a lower league. Thus in total there were 20 gymnasts vying for the honor of being the best gymnast of the world.

In one of the practice sessions, Alce and I observing the gymnasts warming up on the floor exercise mat could not help but feel a sense of awe being in the presence of so many great gymnasts. The pre-meet favorites were Kostylev, Li Ning, Tong Fan and Makarova. Winner of two previous World Cups, was mentioned, but many felt that his top days were over.

Makarova, the defending champion appeared as if he may have been hurt, for we did not see him tumble very hard in practice. However, Bogdan the "machine," looked mentally prepared. No one really underestimated Makarova's chances for winning the All-Around. After all he was the silver medalist from the 1981 Moscow World Championships. Jim, Bart and Peter looked impressive in practice. They were by no means overshadowed by the likes of Kostylev, Makarova and Dianin of Russia, or the conservative but elegant gymnasts from Japan including Gushiken, Kajiwara and Goto. The USA men looked better than the East Germans and the lone representative from Hungary, Gaálhelyi, the European parallel bar champion. Admittedly so many great gymnasts, the dynamic Chinese duo of Li Ning and Tong Fan along with the delectable floor exercise world champion, Li Yutong, stood out somewhat "head and shoulders" from the rest. This was most evident in their

combinations. The height and quick rotation exhibited by the five from the Peoples Republic of China brought sighs of appreciation from spectators and gymnasts alike. It should be mentioned here that besides the gymnasts mentioned above, every member of the FIG Technical Committee along with the president, Yoshi Tamai and the executive secretary, Max Baugher were present. The importance attached to this meet was every bit as much as the World Championship or the Olympic Games. A medal here was equivalent to an Olympic medal.

The World Cup invitation is extended to medal winners and to the top six teams from the previous World or Olympic



Chinese Li Ning

GAMES The competition is in optional exercises only. The All Around competition took place on October 22 at 8:00 P.M. Three events were run simultaneously. The USA men drew un favorably, i.e. they had to begin on the rings. This meant that they were the first group on rings, vaulting, parallel bars, and the horizontal bar. Unlike most of the competitions here in the United States, the event rotation follows the Olympic pattern. The competition on the 22nd determined the eight event finalists, with no more than two gymnasts from any given country able to qualify.

There was a postscript for this competition. Electronic scoreboard flashed the averaged score, while individual score cards clearly identified the scores of each and every judge. I overheard that the seating capacity of the arena was seven to eight thousand. The woodcut gymnasium was adjacent to the arena area, and the equipment was by and large identical to that in the competition arena. The floor exercise was hard. There were no springs. The leather used for the rings were bouncy. Swing handstands were difficult to control. The vaulting board was extremely springy. All in all, the equipment favored by Blan, the Yugoslavian master, were adequate though the lack of springs in the floor made it difficult for many gymnasts.

At the start of the competition, the USA trio of Vidmar, Conner and Flanagan were physically and mentally ready. Peter performed first for the USA on the rings. Although he performed well, he was underscored at 9.45. Jim followed with a solid performance, scoring 9.55. Jim was the last man on the rings. Unfortunately for Jim, the rings were slippery. His 9.65 was good enough to make it into the finals, but a chance for a medal was lost in the preliminary. The next event was vaulting. Peter did well for a 9.70. Jim followed with a 9.75. And Jim's Caervo earned him a solid 9.80 and a place in the finals in the third

"The gymnast who seemed to steal the show; however, was the fabulous Li Ning

rotation Bart did well on the parallel bars. Going first up had his chances for a medal, for his 9.70 could well have been an 9.80 if he had performed later. Jim's parallel bars was superb. He tied first with a 9.70, but by virtue of his all-around placing he advanced to the finals. Peter could have medalled on this event, but he had two major breaks. His 9.50 was lament. In the horizontal bar, Jim had a slight miss on his one-arm giant to an immediate cross change. He scored 9.70. Peter performed well, catching his fly away half twist immediately from a Markovsek, securely through bobbing a little on bar, straight body half-in half-out landing. His 9.80 earned him a four-way tie for fourth place going into the finals. Bart continued his consistent performance going 9.75. On floor exercise, Jim performed magnificently. His triple feet mount, followed by his full double somersault was as impressive a beginning as any Chinese or Russian. His 9.80 was good enough to make the finals. Peter did well except for the double pike dismount, where he over rotated. His 9.40 was a disappointment. Bart followed with an excellent routine. His 9.80 tied him with Jim and Kujatian, who all advanced to the finals. The last event for the USA was pommel horse. Unfortunately for Jim, he was not able to train well on this event due to a wrist in his triceps received in Germany. It cost him an otherwise superlative routine, which could have moved him up in the all-around placing. He hung in for an excellent 9.65. Peter did one of his best routines. His 9.75 was underscored, though good enough to make it to the finals. Bart did an excellent pommel horse routine, scoring 9.70. Bart had an excellent night, succeeding solidly on all six events. Jim had slight troubles on parallel bars and rings, but otherwise came through magnificently, making finals on four events. Peter had an off day, but his scores on pommel horse and the horizontal bar earned him a place in the finals.

USA's Jim Flanagan, McNamee



Being so involved with our USA men, I was not able to concentrate on the other foreign gymnasts. But from the looks of things, Li Ning, Tong Fei, Korolev and Makarov seemed to be battling for the top honors, with Li Ning putting ahead to win the last two events. I recall seeing Li Yuezhi's floor exercise, which was perfect until the landing of his full-in dismount. A slight bobble cost him the perfect 10. His 9.85 was third for the Chinese. Li Ning and Tong Fei both scored 9.90! How amazing, the defending world champion failing to make the finals! This is an indication of the level of the competition. I recall seeing a lot of great performances from Korolev and Mikail Karashev dismounting with a full-in on floor exercise. He also improved his difficulty on pommel horse and horizontal bar, where he did two consecutive reverse lucches. Mikail's one-quarter dismount is an immediate likely twin on the parallel bars was innovative.

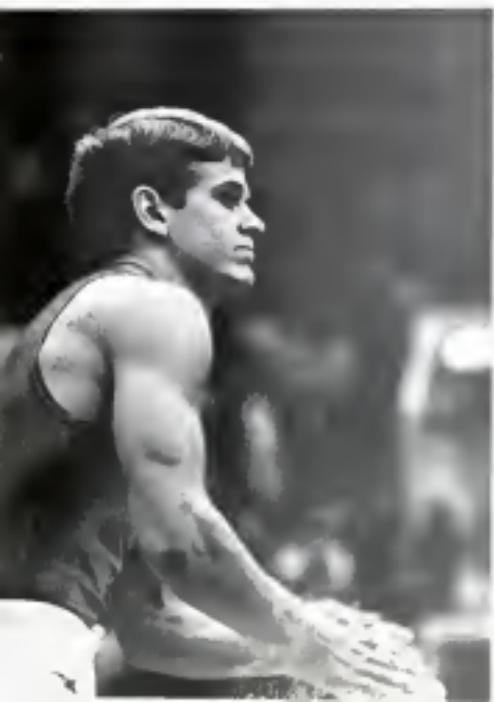
The gymnast who seemed to steal the show, however, was the fabulous Li Ning. Li Ning's scores pretty well sum up the true mastery of the nineteen year old king of men's gymnastics: 9.90, 9.95, 9.85, 9.90, 9.90, and 10.00! Total, 59.45! Tong Fei's 59.10 seemed pathetic. Korolev's 59.00 was the closest that any Russian could get. This year's World Cup was probably the next best gymnastic competition in the history of the sport.

The finale were exciting. Li Ning captured five gold medals and one bronze medal! Tong Fei was most of the other medals. The Chinese domination by these two men was devastating. Karolov won the only other gold medal on pommel horse, just narrowly avoided getting a bronze on the waiting. The highlight for the USA men was the electrifying horizontal performance by Peter. His 9.95 captured a well deserved bronze medal, but only well serve as a portent for the USA men's team at next year's World Championship in Budapest, Hungary.

OSA Peter Vilimov



USA's Peter Vilimov



WOMEN'S REPORT

Without a doubt this World Cup was one of the nicest meets that I have ever been a part of. We all stayed at a new hotel called the Inter Continental which gave us the opportunity to get to know the other gymnasts and helped expand our friendships. We spent a lot of time as we usually do with the team from China and got to know the team from Bulgaria much better. Grinchukova had a surprised smile that Jack Rockwell (USA Trainer) was taking care of her, and the other gymnasts also had some minor things that Jack was helping with. One evening our gang helped Olga Kicherova to celebrate her birthday. I will always cherish the memories that I have from World Cup.

The competition was an extremely high level one with many international medalists in the meet. Maria Gutsuik did a very fine job. We were all concerned as to whether Maria would be able to come back to the high level that she had attained (at World Championship in Moscow where she won three gold medals) after having surgery earlier in the year on her ankle. I think everybody would agree that Maria is on her way back. In herova has improved very much since we had seen her in Florida at the 1986 USA meet last spring. Anybody who witnessed at the World Championships how Olga had become World Champion, I don't think one would wonder any more after seeing how she has progressed and how well she performed. Also from Russia was Natalia Yushchenko who had competed in Fort Worth at the 1987 International Invitational. At which time she did not compete at the level she experienced here at the World Cup. She is 17 years old, almost 18. A lovely girl and a lovely gymnast, super bars and, of course, everybody is excited about her visiting. She was the first international gymnast that we had seen who completed the round off lay out and the round off lay out. That, which she does extraordinarily well. The Russians have a great find in this girl. I think she has probably been around for quite a while and is really coming in to the forefront right now.

The only bad part about this competition was the difficulty that we had with the meet organizers concerning Yushchenko because according to the rules that we knew about, a girl was to have participated in the World Championships to be eligible for World Cup. We had checked ourselves to see if other up and coming girls would be allowed to participate, and were told no. Everyone was surprised when we got there and found that Yushchenko had received permission to perform. It left us feeling not just with the United States but with many other countries.

In the competition, there were 17 gymnasts that competed, representing eight countries. Our training sessions were very good, and there were two a day offered. The other countries had arrived before we had, and consequently, did a little more training than we did because of our long journey in getting there. We really had no large problem with the equipment. The girls like the beam very much, the bars they were pleased with. The floor was a little bit harder than what they would really like to perform on, but they were able to do all of their skills on it. The Yugoslavian visiting board was okay, we had no problem with that although the Russians preferred the wood board. During the first days competition, the girls would be divided into two squads within a group, with two groups competing at the same time.

The first day of competition determined the winner of the all around. There was a tie between twin Russian girls Olga Ilicheva and Nastia Yurchenko, both with a 39.45. Larisa Agache from Romania was third with a 39.35. Ma Yihong from China was third. Mata Gauack from the German Democratic Republic was fourth and Matilda Stanulet from Romania was in 6th place.

The American girls did well. However, I don't think they were overly pleased with their showing. Johanna, who had been hitting bars the whole time we were there and who hadn't had a mix up on her release, didn't regard the bar. She was very very surprised, and consequently it knocked her down to eighth place in the AA. She received a 9.45 with the fall, a good score since the rest of the routine was excellent and there really wasn't much the judges could deduct for that when you fall off bars, you fall off bars. The rest of Johanna's performance was good. One of the highlights was the fact that she did very well in vaulting (remembering back to Moscow where her vaulting was by far her weakest event). She scored a 9.75 for her vault.

Romanian Larisa Agache

Soviet Olga Ilicheva





USA's Michele Goodwin

GDR's Marita Gensch



Michele Goodwin finished in 12th place with a 9.80 which was very good. Michele's disappointment was a 6.80 on balance beam. However, the rest of her events were very good, and she was pleased with those.

When looking going into finals the following day we had Michele qualified in uneven bars and Julianne to vault and on balance beam. In vaulting finals Julianne was in a three way tie for fourth place. In the finals competition itself, Bicherova and Julianne both averaged 9.85 for their two vaults. Yurchenko came out with a 9.8. So in the final standings, Yurchenko and Bicherova tied for the gold medal with 19.70, and Julianne was third with 19.6. Stanaler was in fourth place with a 19.5. We were all very satisfied with Julianne winning the bronze medal on vault.

In the uneven bars competition, there were some pretty high scores going into finals. There were six scores at 9.80 and above. There were some very good routines, almost all of the girls have one release and some of them are working two - they were really quite spectacular. The highest score in finals was a 9.95 which was Mao, and with her qualifying score of 9.90 (giving her a 19.85) she ended up in first place with the gold medal. In second place scoring a 9.90 was Yurchenko, who ended up with a 19.7. In third place tying with Bicherova who also had a 9.90 in the finals for a 19.7. She had a break in her routine and scored a 9.75 ending up 4th with a 19.65. Michele placed in seventh. She did her heel-to-belt swing and it looked like she was going for a drop glide although that is not what is in her routine. All of a sudden she had jolted her leg into the floor taking a fall and ending with a 9.30.

On balance beam, we really didn't see anything that was too new. There were a lot of double back elandarts, series of flip-flips and step outs but nothing that we hadn't seen before. Genncharov's element is a standing flip flop into a double back which takes a great deal of power and it was very impressive. Yurchenko won the gold medal scoring two 9.9's. Not a real spectacular routine, but it is smooth and very gracefully done, with good timing and no wobbles. Second place, also with a 9.9 in finals but a 9.85 position, was Wu Jina from China. Wu has one of the more daring routines, a series of flip flops into a flip flop chest roll and a nice static flip flop with good height. She is a very graceful performer as well. In third place was Bicherova who had a 9.8 in finals. She was not an exciting on balance beam as on other events but she is very steady and doesn't make mistakes. In fourth place was Stanaler from Romania with a 9.75, she has a great deal of difficulty. Julianne went into the competition in seventh with a 9.75, and to finish had a 9.8 which gave her 19.55. Julianne did a very nice routine, a little deduction on her dismount for lack of height, but in the rest of her routine she made no mistakes at all.

On floor exercise, both Agache and Bicherova are missing with falls in with a double rock in the middle part and ending with a double back. The tumbling through most part is pretty clean. Once in a while we see a little bit of "cowboying" but not nearly as much as we used to. If a girl does cowboy, I am very happy to report that the judges are deducting for it, which will encourage better execution in the future. On the floor in first place with a 9.9's for a 19.6 was Olga Bicherova, who really did a nice routine. Agache was in for the silver with a 19.75 with a very excellent routine, her tumbling was good and high and her dance was right in beat with the music. Mao, who is not as strong in dance as she is in tumbling, had a 9.9 in prelims and had a 9.8 in finals finishing third. She is a very fine number. She was concerned and worried about her tumbling prior to doing her routine, but when she was out on the floor she came through like a true champion. There was a three way tie for 4th with Yurchenko and Wu and Ma. All in all, I would say the trend is not as much towards really beautiful dance as it was a few years ago. However, the tumbling is superb. Let's hope that by the Olympic Games dance will be up to the level of tumbling.

There was a packed house. The Yugoslavians had very colorful dancers and small children all dressed in colorful costumes for the awards ceremony. They had beautiful young ladies in native costumes that would be holding the awards and tables of the FIG were presenting the awards. It was a very nice opening ceremony and closing ceremony. The audience was respectful and the people were warm and kind. Everyone there was happy to be a part of the 16th World Cup competition from Zagreb, Yugoslavia.



AN Award Champions

6TH WORLD CUP
OCTOBER 22-24, 1982
ZAGREB, YUGOSLAVIA

NAME	TEAM	S	UW	W	WD	M	TEAM
1. Kovalenok Olga	URS	9.10	9.00	9.00	9.00	38.00	
2. Jurkovic Nedra	URS	9.10	9.00	9.00	9.00	38.00	
3. Apolite Lantje	URS	9.10	9.00	9.00	9.00	38.00	
4. Peltomaa Iira	FIN	9.15	9.00	9.00	9.00	38.00	
5. Bockach Nino	URS	9.10	9.00	9.00	9.00	38.00	
6. Kostyuk Maksym	URS	9.10	9.00	9.00	9.00	38.00	
7. Denev	URS	9.10	9.00	9.00	9.00	38.00	
8. McNamee Adams	USA	9.10	9.00	9.00	9.00	38.00	
9. Wu Jinxia	CHN	9.00	9.00	9.00	9.00	36.00	
10. Gromovets Zina	URS	9.00	9.00	9.00	9.00	36.00	
11. Letourneau Jana	TCH	9.00	9.00	9.00	9.00	36.00	
12. Grotzke Wanda	URS	8.88	8.88	9.00	9.00	35.76	
13. McNamee Adams	USA	8.88	8.88	9.00	9.00	35.76	
14. Bures Jana	TCH	8.88	8.88	9.00	9.00	35.76	
15. Drisko Rhiannon	TCH	8.88	8.88	9.00	9.00	35.76	
16. Dantcheva Katerina	YUG	8.80	8.80	9.00	9.00	35.60	
17. Bozic Dragana	YUG	8.80	8.80	9.00	9.00	35.60	

High Bar: 1. Jurkovic Nedra, URSS, 9.10; 2. Kovalenok Olga, URSS, 9.00; 3. Kostyuk Maksym, URSS, 9.00; 4. Gromovets Zina, URSS, 8.88; 5. Letourneau Jana, TCH, 8.88; 6. Bockach Nino, URSS, 8.88; 7. Drisko Rhiannon, TCH, 8.88; 8. Jurkovic Nedra, URSS, 8.88; 9. Grotzke Wanda, URSS, 8.88; 10. Denev, URSS, 8.88; 11. Kovalenok Olga, URSS, 8.88; 12. Bures Jana, TCH, 8.88; 13. Dantcheva Katerina, YUG, 8.80; 14. Bozic Dragana, YUG, 8.80.

Horizontal Bar: 1. Grotzke Wanda, URSS, 9.00; 2. Jurkovic Nedra, URSS, 9.00; 3. Bockach Nino, URSS, 9.00; 4. Gromovets Zina, URSS, 9.00; 5. Letourneau Jana, TCH, 8.88; 6. Jurkovic Nedra, URSS, 8.88; 7. Drisko Rhiannon, TCH, 8.88; 8. Bures Jana, TCH, 8.88; 9. Denev, URSS, 8.88; 10. Kovalenok Olga, URSS, 8.88; 11. Grotzke Wanda, URSS, 8.88; 12. Jurkovic Nedra, URSS, 8.88; 13. Bockach Nino, URSS, 8.88; 14. Denev, URSS, 8.88; 15. Grotzke Wanda, URSS, 8.88; 16. Drisko Rhiannon, TCH, 8.88; 17. Bures Jana, TCH, 8.88; 18. Denev, URSS, 8.88; 19. Grotzke Wanda, URSS, 8.88; 20. Drisko Rhiannon, TCH, 8.88.

Vertical Bar: 1. Jurkovic Nedra, URSS, 9.00; 2. Kovalenok Olga, URSS, 9.00; 3. Bockach Nino, URSS, 9.00; 4. Gromovets Zina, URSS, 9.00; 5. Letourneau Jana, TCH, 8.88; 6. Jurkovic Nedra, URSS, 8.88; 7. Drisko Rhiannon, TCH, 8.88; 8. Bures Jana, TCH, 8.88; 9. Denev, URSS, 8.88; 10. Kovalenok Olga, URSS, 8.88; 11. Grotzke Wanda, URSS, 8.88; 12. Jurkovic Nedra, URSS, 8.88; 13. Bockach Nino, URSS, 8.88; 14. Denev, URSS, 8.88; 15. Grotzke Wanda, URSS, 8.88; 16. Drisko Rhiannon, TCH, 8.88; 17. Bures Jana, TCH, 8.88; 18. Denev, URSS, 8.88; 19. Grotzke Wanda, URSS, 8.88; 20. Drisko Rhiannon, TCH, 8.88.

6TH WORLD CUP
OCTOBER 22-24, 1982
ZAGREB, YUGOSLAVIA

NAME	TEAM	FE	RE	R	V	PI	HI	ME	AA
1. Li Ning	CHN	9.00	9.00	9.00	9.00	9.00	9.00	9.45	
2. Wang Y	CHN	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
3. Bilevich Y	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
4. Molchan A	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
5. Kostyuk M	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
6. Kostyuk M	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
7. Kostyuk M	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
8. Kostyuk M	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
9. Li N	CHN	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
10. Kostyuk M	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
11. Molchan A	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
12. Kostyuk M	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
13. Gromovets Z	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
14. Molchan A	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
15. Molchan A	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
16. Molchan A	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
17. Molchan A	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
18. Molchan A	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
19. Molchan A	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	
20. Molchan A	URS	9.00	9.00	9.00	9.00	9.00	9.00	9.35	

Floor Exercise: 1. Li Ning, CHN, 10.00; 2. Kostyuk M, URSS, 9.70; 3. Wang Y, CHN, 9.60; 4. Molchan A, URSS, 9.60; 5. Bilevich Y, CHN, 9.50; 6. Molchan A, URSS, 9.50; 7. Molchan A, URSS, 9.50; 8. Molchan A, URSS, 9.50; 9. Molchan A, URSS, 9.50; 10. Molchan A, URSS, 9.50; 11. Molchan A, URSS, 9.50; 12. Molchan A, URSS, 9.50; 13. Molchan A, URSS, 9.50; 14. Molchan A, URSS, 9.50; 15. Molchan A, URSS, 9.50; 16. Molchan A, URSS, 9.50; 17. Molchan A, URSS, 9.50; 18. Molchan A, URSS, 9.50; 19. Molchan A, URSS, 9.50; 20. Molchan A, URSS, 9.50.

Pommel Horse: 1. Li Ning, CHN, 10.00; 2. Kostyuk M, URSS, 9.70; 3. Wang Y, CHN, 9.60; 4. Molchan A, URSS, 9.60; 5. Bilevich Y, CHN, 9.50; 6. Molchan A, URSS, 9.50; 7. Molchan A, URSS, 9.50; 8. Molchan A, URSS, 9.50; 9. Molchan A, URSS, 9.50; 10. Molchan A, URSS, 9.50; 11. Molchan A, URSS, 9.50; 12. Molchan A, URSS, 9.50; 13. Molchan A, URSS, 9.50; 14. Molchan A, URSS, 9.50; 15. Molchan A, URSS, 9.50; 16. Molchan A, URSS, 9.50; 17. Molchan A, URSS, 9.50; 18. Molchan A, URSS, 9.50; 19. Molchan A, URSS, 9.50; 20. Molchan A, URSS, 9.50.

Horizontal Bar: 1. Li Ning, CHN, 10.00; 2. Kostyuk M, URSS, 9.70; 3. Wang Y, CHN, 9.60; 4. Molchan A, URSS, 9.60; 5. Bilevich Y, CHN, 9.50; 6. Molchan A, URSS, 9.50; 7. Molchan A, URSS, 9.50; 8. Molchan A, URSS, 9.50; 9. Molchan A, URSS, 9.50; 10. Molchan A, URSS, 9.50; 11. Molchan A, URSS, 9.50; 12. Molchan A, URSS, 9.50; 13. Molchan A, URSS, 9.50; 14. Molchan A, URSS, 9.50; 15. Molchan A, URSS, 9.50; 16. Molchan A, URSS, 9.50; 17. Molchan A, URSS, 9.50; 18. Molchan A, URSS, 9.50; 19. Molchan A, URSS, 9.50; 20. Molchan A, URSS, 9.50.

Vertical Bar: 1. Molchan A, URSS, 9.50; 2. Kostyuk M, URSS, 9.40; 3. Molchan A, URSS, 9.40; 4. Molchan A, URSS, 9.40; 5. Molchan A, URSS, 9.40; 6. Molchan A, URSS, 9.40; 7. Molchan A, URSS, 9.40; 8. Molchan A, URSS, 9.40; 9. Molchan A, URSS, 9.40; 10. Molchan A, URSS, 9.40; 11. Molchan A, URSS, 9.40; 12. Molchan A, URSS, 9.40; 13. Molchan A, URSS, 9.40; 14. Molchan A, URSS, 9.40; 15. Molchan A, URSS, 9.40; 16. Molchan A, URSS, 9.40; 17. Molchan A, URSS, 9.40; 18. Molchan A, URSS, 9.40; 19. Molchan A, URSS, 9.40; 20. Molchan A, URSS, 9.40.

High Bar: 1. Tong Kai, CHN, 10.00; 2. Kostyuk M, URSS, 9.70; 3. Molchan A, URSS, 9.60; 4. Bilevich Y, CHN, 9.60; 5. Molchan A, URSS, 9.60; 6. Molchan A, URSS, 9.60; 7. Molchan A, URSS, 9.60; 8. Molchan A, URSS, 9.60; 9. Molchan A, URSS, 9.60; 10. Molchan A, URSS, 9.60; 11. Molchan A, URSS, 9.60; 12. Molchan A, URSS, 9.60; 13. Molchan A, URSS, 9.60; 14. Molchan A, URSS, 9.60; 15. Molchan A, URSS, 9.60; 16. Molchan A, URSS, 9.60; 17. Molchan A, URSS, 9.60; 18. Molchan A, URSS, 9.60; 19. Molchan A, URSS, 9.60; 20. Molchan A, URSS, 9.60.

El Negev / CHN

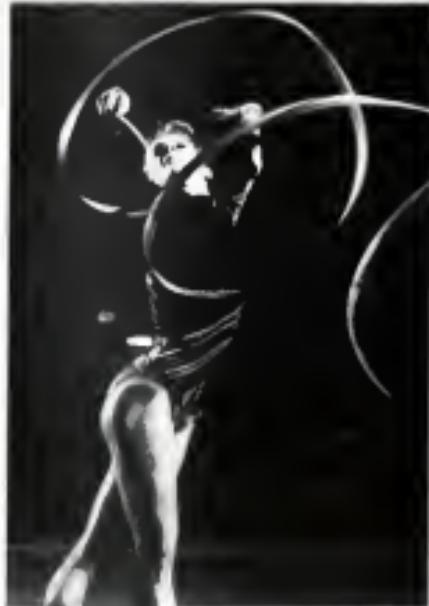


In the 1982 Rhythmic Gymnastics International Invitational held in Atlantic City, New Jersey, West Germany's Regina Weber captured the All Around and the USA Team won.

ON THE BOARDWALK

Article by Dr. Annels S. Hoyman

Photography by Dave Black



The 1982 USGF Rhythmic Gymnastics International Invitational was only the second international meet held in the United States of this new Olympic sport.

While the 1981 meet took place in Los Angeles on the west coast, the present meet was held on the east coast in historic Atlantic City in New Jersey. Atlantic City is a resort town situated directly on the Atlantic Ocean approximately 60 miles southeast of Philadelphia.

The date for the meet was October 2-3, and the site was the Atlantic City Convention Center, located on the famous board walk and right next to the Playboy Beach Hotel, which hosted and co-sponsored the meet and at which all the delegations and other participants were staying during the duration of the meet.

Although the original plan anticipated a total of six participating countries, only Canada, Federal Republic of Germany, Japan and the United States of America were represented. A total of twenty-five gymnasts were present with each country represented by four individual gymnasts, as well as one alternate. The United States was represented by two teams. The alternates started the competition for each event, but their scores were not used when it came to ranking the performers.

Canada's team included 16 year old Kathy Tibane from Toronto, a member of the Kaley Ecumenical Club and coached there by June Lauer a former Canadian Champion well known to the American competitors from several international arena. Also from Toronto were Lynda Thompson and Robin Fowler. 24 year old Lynda, who is a college student and a former artistic gymnast, took 2nd place in the 1979 Canadian National Championships, where she won one gold and two silver medals. As a participant in the 1980 National Championships group contest she won a gold medal; she was also one of the Canadian group competitors in the Four Continents Championships in Canada in

The USA Team on the Boardwalk in Atlantic City (right): L.R. Lorraine Aronian, Karen Zjosa, Amy Schatz, Stacy Gremser, Seana Womble, Yvonne & Sherry, Michelle Serrano, Lynda Thompson and Kelly Zabolots (Left) Coach/Assistant Robin Fowler

1978 (1st place) and in Rio de Janeiro in 1980 (3rd place), as well as in the 1979 and 1981 World Championships in London and Munich where the Canadian group placed 7th and 9th respectively. 800m Fowler (15 years of age) was No. 2 All Around in the 1982 National Championships (Junior master), where she placed 3rd in rope and ball, 2nd in hoop and clubs, and 5th in ribbon. The fourth Canadian representative was 15 year old Arlene Bresler from Montreal. She was the silver medalist at the 1981 Canadian National Championships in Halifax, and her future ambition is to become a sports doctor or coach of rhythmic gymnastics.

Japan, which participated for the first time in Rhythmic Gymnastics in the United States, had also brought two more experienced and three younger gymnasts. 18 year old Noriko Yatohoka, who is attending Tokyo Women's College of Physical Education and is coached by Ms. Takahashi, was No. 3 in the 1982 National Championships in Japan, No. 10 in the 1982 World University Games (Tokyo, Japan), and No. 3 in the 1982 East of Japan Games. Keiko Hosokawa, who is also a university student, was the silver medalist in a 1980 Inter-high/High School Championship; she placed 10th in the 1981 National Championships and 15th in the 1982 World University Games. The other members of Japan's team were the two 15 year old Haruko Ono (Junior Champion) and Mie Takagi, and my 14 year old Misako Yokota from Osaka, who has won a bronze medal in the 1980 Nationals and placed 4th in the 1981 Nationals.

The West German team had two experienced competitors, 19 year old Regine Weber and 20 year old Karin Ludwig, and three 16 year olds who have only competed once or twice in the National Championships in Germany. They are all students of Erna Miedanek, the very successful coach of several West German champions (including Carmen Fischer) and herself a former Romanian champion of rhythmic gymnastics.

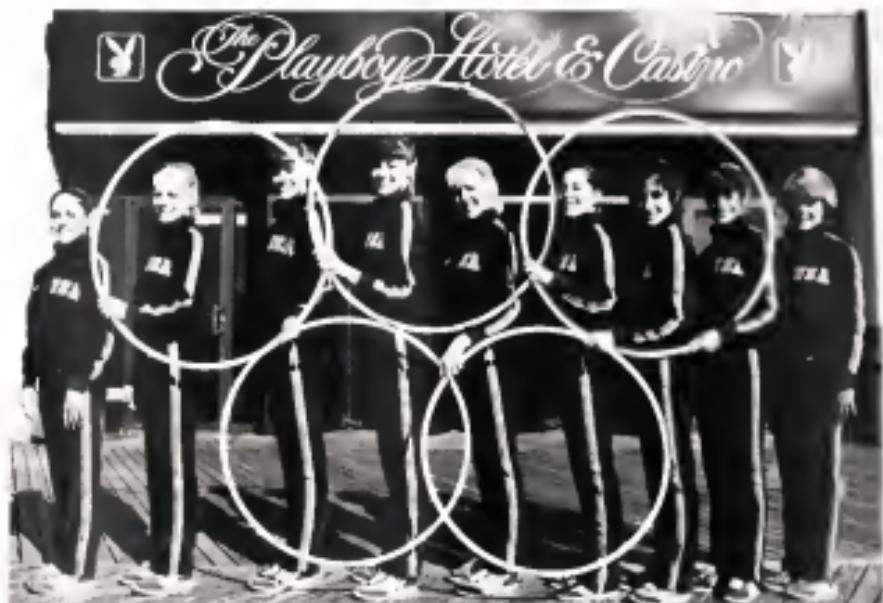
Regina Weber has since 1979 been a strong challenger to Carmen Fischer, the World Champion from the VIII World Championships in Madrid (1975) and No. 6 in the 1977 World

Championships in Basel, where many present felt she was cheated out of a Gold medal in the ribbon event. Regine Weber appeared for the first time in a World Championship in 1979 (London) and made it in the final in the ball event. My premonition at that time that she was to be a future champion for West Germany proved correct. In the second International Rhythmic Gymnastics Tournament in Hamburg in 1979 she then just 16 year old Regine ousted Carmen Fischer in every event in the ribbon event she even beat the Russian Degtjareva, who was to become the World Champion shortly after in London. In the World Championships in 1981 she was in 10th place. Regine was also a competitor in the Three Nation International Rhythmic Gymnastics meet in Los Angeles in 1981, where she was No. 2 All Around and took Gold in rope, Silver in clubs and Bronze in ribbon. Karin Ludwig, a tall athletic looking young woman, has competed nationally since 1979 and improved her ranking from National Champion in National Championship, taking second place in the 1982 National Championships. She was also one of the participants in the meet in Los Angeles in 1981. The other German contestants were Monika Meschede, Claudia Zibanski and Claudia Schurmann (alternate).

The meet was divided into three competition sessions with All Around Competition and Team Competition taking place on Saturday, and the Events Finals on Sunday afternoon.

Training sessions took place Thursday and Friday in the facilities of the Atlantic City Convention Center. Each training period was three hours long with one group working out in the morning, the other in the early afternoon. A late afternoon period of two hours was set aside for open training for both groups on both days. In addition, prior to each session of the team competition a controlled warm up period of fifteen minutes was set aside for each participating team.

Watching the gymnasts warm-up, it became apparent that except for Regine Weber of West Germany, the visiting teams were perhaps not represented by their very best gymnasts, while the United States team had brought nine of its top eleven



sessions and its Junior Champion along for this meet. However, several of the gymnasts are still young and with continued training and added competition experience several of them are potential champions.

Saturday morning's competition showed alternating rope and hoop routines being judged by the customary two panels of judges to allow for expediency. Each panel had two "foreign" judges and two American judges, perhaps not the fairest set up, but the only one possible when the total number of visiting judges was four and a minimum of eight judges was needed. Dr. Andrea Schmid, Chairman of the Rhythmic Gymnastics Committee and Kintomo Takahashi of Japan served as head judges throughout the competition.

It is always enjoyable to watch the rope event. While in the early days of competition the routines consisted mostly of jumping with the rope, using different step variations and different tempi or the handling of the rope, with an occasional throw of the rope or swinging or circling it during the execution of a balance or turn or other free movement of medium or superior difficulty, the use of rope techniques has undergone a tremendous change in recent years. Within the prescribed framework of elements to be used there is still plenty of room for innovations with regard to the ways of throwing and/or catching the rope. The type of rope used today seems to be weightier than those used in earlier days and most gymnasts seem to prefer a rope of equal thickness along its total length rather than the so-called weighted rope which was so popular at one time. When thrown — often at odd angles — the weightier rope appears to keep its shape better during the flight. The gymnasts find new ways of wrapping and surprisingly untangling themselves from the rope while they keep in constant motion.



Valerie Zaining (Austria) (above); Japan's Noriko Yoshikawa

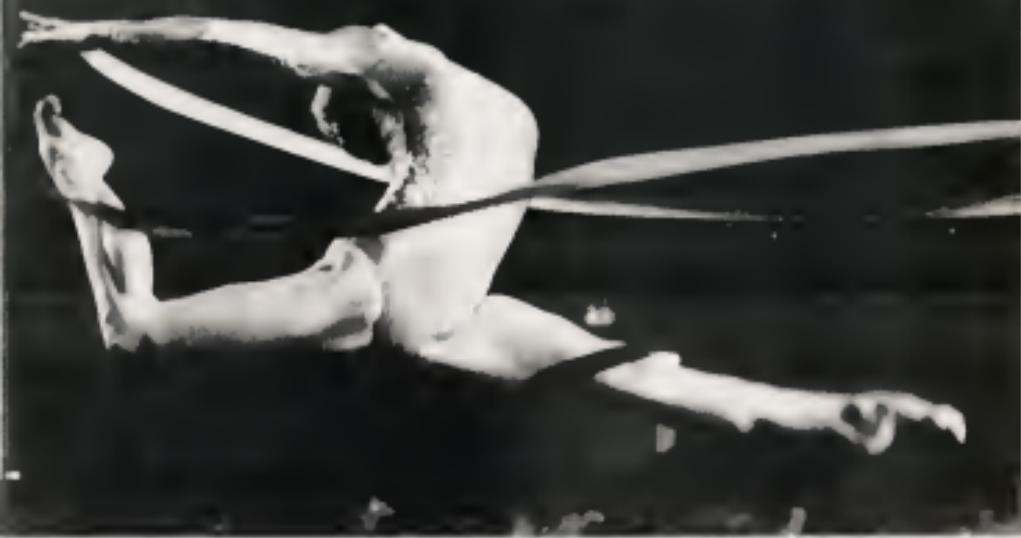
In the rope event, Regina Weber received the score of 9.45, Lydia Crubere who was the All Around Champion, as well as the gold medalist in ribbon in the 1982 National Championships and who had just the week before been declared Modern Rhythmic Gymnast of the Year at the 1982 Congress received a score of 9.85. Michelle Berndt was in third place with 9.80. Valerie Zaining who at the 1982 National Sports Festival in Indianapolis scored a 9.46 received a 9.10. The two Japanese gymnasts, Misako Onaka, received a well deserved 9.00 for her last routine and tied with Claudia Zukowski of West Germany.

For the first gymnast competing in the hoop event, it was definitely not her day for the event. The hoop — as the ball — is perhaps the most tricky piece of equipment to handle, especially when it comes to throwing and catching. Due to its roundness it often keeps rolling away from the gymnast, if she misses catching it after a high toss. On three occasions during the first gymnast's performance the hoop rolled away for quite a distance, and as a result she missed several parts of her routine. Another difficulty is to keep the hoop in the proper plane throughout any kind of rotation or swinging of the hoop. Claudia Zbarski presented an original and interesting start from a low starting position she let her hoop roll off her left shoulder on to the floor — a risky move if the hoop did not remain upright.

Regina Weber was again the leading scorer with a 9.40. Valerie Zaining presented a routine with several original and interesting rolls and tosses of the hoop and with some minor errors scoring 9.25 for her performance. At the National Sports Festival, where she was the All Around winner, she had scored an impressive 9.50 for the same routine. Lydia Crubere who generally does well in the hoop event had several mistakes and in her "Staparow" trick (using her feet to bring the rolling hoop into a spin around its vertical axis as the pump across it) the hoop did not receive enough impetus to keep spinning upright. Her composition was nevertheless very beautiful with many high tosses and difficult moves, she earned a 9.10. The two best Japanese gymnasts, Noriko Yoshikawa and Sayo Hosokawa, tied for fourth place with the score 9.05. German Monika Meschede received a 9.00 for a generally well executed routine, and Amy Schatz and Linda Thompson of Canada tied for an 8.95.

While there had been very few spectators present for the morning competition and mostly children who often whistled to show their approval or disapproval as it may have been when the gymnasts performed, the afternoon session was better attended. As in the morning session alternation of the two events, clubs and ribbon, took place, making it more interesting for the spectators.





(above) All-around champion Regina Weber from West Germany (far left) West Germany's Claudia Scherzer

In the case of the clubs, new techniques have developed in the past few years; for instance, rather than holding the clubs by the knobs during hand circundiations, the club is often held loosely around its middle. Often a club is made to roll across the chest down along the inside of the arm, or rolled on other parts of the body. Most scores are extremely high, making the risk of an incorrect re-catch more prevalent. However, several of the gymnasts had ingenious ways of covering up "incorrect" catching by immediately doing something unexpected with the caught club.

The most exciting clubs routine was presented by Valerie Zouing. Her tempo is so fast that it borders on being frantic, and it makes each movement more precarious and the entire execution more difficult. However, Valerie came through with a 9.35, only .05 points under Lydia Crammer, who again was impressive by the overall consistency of her performance. While Regina Weber had been a stand out so far, in this event she was outshined by the two Americans. However, she tied with Katharine Berube for a score of 9.31 — her lowest score in the entire meet. Monika Merschel came another score above 9 for a fine routine, and Kelly Zalewski and Selma Worley turned out their best performances of the competition in this event, scoring 8.80 and 8.50 respectively. Kelly has improved a great deal during the past year and a half, her routines are more exciting and her presentation generally good.

The ribbon event is appropriately often called the "pret test" event. The various sketches appearing in the air are solely the result of different movements performed by the gymnast. Although most of the movements of the stick originate from either wrist, elbow, or shoulder, without accompanying total body movements the intended sketches will not be of sufficient amplitude, and the end result is either indefinite patterns or a non-participating ribbon null or both. One of the recently developed tricks with the ribbon — the boomerang — where the ribbon, stick leading, is forcefully thrown away from the gymnast, only to be returned by the free end of the ribbon and



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immediately pulled back to re-catch the stick — invariably causes deduction of point(s), as the ribbon seldom keeps a nice sketch or even falls to the ground. The problem is generally in the timing of the re-catch and successive pull.

Regina Weber demonstrated that she has what it takes to present a beautiful ribbon routine. In this event she was the absolute stand-out, although Lyda came very close to tie her in the finale. Regina's routine showed originality, her ribbon patterns were clean, her body movements and dance soft-coordinated, her many leaps exciting, and she scored another 9.46, making her the All Around winner with a total score of 37.55 — well ahead of the rest of the competitors. Valerie's performance earned her a 9.20; Lyda and Michelle tied at 9.15, and Noriko Yoshikawa of Japan received a 9.05 for a race routine.

In the All Around competition Lyda Catherwood's score was 37.00, only 10 higher than Valerie Zuerling's and Michelle Berube followed with 36.45. The American Team II performers Stacy Overman, Amy Schaefer and Kelly Zdziadko deserve praise for their efforts, which helped them finish an 7th, 9th and 8th place All Around. The three West German gymnasts Karin Ludwig, Monika Meschede and Claudia Zdziadko tied for 11th place.

In terms of team scores (determined by adding the total score of the three highest scores for each of the four events) the United States Team I was the winner, followed by the Federal Republic of Germany, Japan, United States Team II, and Canada in that order.

In the rope event preliminary, scoring for the top three gymnasts was so close, that barring any surprises one way or the other any of the three could end up being the champion. The winner was Regina Weber, even if Lyda did slightly better than she in the finale. Michelle Berube met with bad luck and scored much lower than customary for her, yet she managed to earn the bronze medal. Michelle is an exciting gymnast to observe, she has earned with the Bulgarian coach Ms. Roberts considered the best individual coach, in Bulgaria, and she was a member of

Kathy Zdziadko





Lydia Gondreau

the group at the 1980 Four Continents Championships in Rio de Janeiro (2nd place) and the 1981 World Championships in Munich (11th place). In the 1980 Nationals she tied Lydia for 1st place in the ribbon event, and she was No. 5 All Around at the 1982 National Sports Festival.

In the remaining events the competition was really between Regina, Lydia and Valerie; in the hoop event, however, with a bit of luck Hosokawa and Meschke could have challenged her. Valerie gave in this event a stellar performance with a difficult routine for a high score of 9.65, so that she tied with Regina for the Gold medal. No. 5 was Lydia who did better with her "Shaggydog" trick (9.25).

The club finals turned out to be the most exciting event. The three top gymnasts were all within \pm 10 points, all three received a score of 9.65, making Lydia the gold, Valerie the silver, and Regina the bronze medalist.

With the final ribbon event Regina took home her fourth gold medal for individual competition. Lydia's consistency in performance paid off, and she deservedly won the Silver medal, leaving the bronze medal for Valerie.

All in all the meet was excellently organized and well run. Many of our industrious Rhythmic Gymnastics members from the East Coast regions contributed to the success of the meet by working as line judges, timer, scorers and hosts. Mrs. Iringard Forster represented the FIG. In addition to the lead judges mentioned earlier, the judging personnel included one German, two Canadian, and three United States judges.

This meet marked another milestone in the development of Rhythmic Gymnastics in the United States, our gymnasts need exposure to international competition and as long as only a few can be sent abroad each year a more hard-hitting gives several more gymnasts a chance to compete, as well as many more a chance to observe.

We are hopeful that a similar meet can be arranged for next year, and that more countries will be able to participate.

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1982 Coaches of the Year

Don Peters
 Huntington Beach, California



Alta Selsky
San Jose, California



Makoto Sasaki
Los Angeles, California



1982 USGF Congress

Articles by USGF Staff
Photography by Dave Black

GENERAL PROGRAM

This year's Congress Program added a new dimension to the General Program. Dr. Jerry van der Smissen, Professor and Director of the School of Health, Physical Education and Recreation, conducted a three hour session on Sport and Law for coaches and administrators, trying to answer questions such as who is liable, for what, what are the elements of negligence and what standard of care is expected. The last 90 minutes of this presentation consisted of a panel discussion. Panel members included Dr. van der Smissen, Dr. Marc Robicoff, and Dr. Jerry George.

Additional general presentations included Carol Bennett's "Infant Exercise Program," "Body Alignment" by John Barreis, "Educational Gymnastics—An Alternative to Instructional Gymnastics," McDonald's Assembly" by Mike Donahue, who is McDonald's National Director of Presentations.

In a constant effort to provide a variety of content to service Congress attendees, another area of interest to all coaches and administrators is the area of business and promotion.

Business topics included "Small Business Budgeting," presented by Carol Humaniti, who has tips and ways to make your financial planning more effective. A manufacturers' round table discussion with representatives from their contributions to gymnastics and ways which we could all work together to ensure the safety and enhancement of gymnastics participants. Pat King from North Wilton, Connecticut, made a presentation discussing various aspects to be considered in staff hiring—pre school and instructional personnel. In another presentation, Pat discussed the marketing and sales aspects of gymnastics as a small business. Jim Clark from Chico, California, presented a session on the different aspects of grass roots promotion at all levels of the sport. Bill Jallifer from Big Sur, Oregon put together his session on "Meet Preparation," a package of ideas to help make your meet a financial as well as organizational success.

Debbie Forster



Debbie Forster
Co-Masters of Ceremony—Olympians Kalley Johnson and Peter Kornman.



WOMEN'S ARTISTIC PROGRAM

The 1982 USGF Congress was broken down into two aspects with regard to the Women's Artistic Program: general congress programs and committee meetings. There were a total of fourteen sessions which related specifically to women's artistic gymnastics, in addition to the numerous sessions on the topics of sports medicine, biomechanics, aspects of running a meet, etc. which are all important facets of the overall women's and men's gymnastics sports. Approximately ten committees had the opportunity to meet in Fort Worth during Congress.

The first full day of Congress, Friday, September 24, started off bright and early with an 8:00 am Dance and Choreography session presented by Dennis Costa and Nancy Roach. Local gymnasts from the Dallas Gymnastics Center and Texas Academy of Gymnastics served as demonstrators as Ms. Roach and Mr. Costa pointed out basic body positions, proper head posture, men's gymnastics including body waves and fundamentals essential for proper dance technique. This session continued the following morning from 8:00-9:00 am. The surprisingly large number of participants at this early morning event could only feel that their first few days at Congress had a positive beginning.

An elite judging clinic conducted by National Women's Technical Committee Chairman Delene Burke took place Friday afternoon and continued on Sunday morning. A detailed review of the compulsory exercises on all four events was carried out during the first session. The second session concentrated on optional elements and routines. Ms. Burke discussed new difficulty scores and some of the more advanced skills with regard to technique which judges at the elite level will be reviewing in the upcoming season. In addition the changes and new decisions from the Women's Technical Committee meeting were reiterated.

The next agenda event was Policies and the Women's Committee. Irina Chernomor, National Women's Committee Chairperson was the main speaker. At this session, just as at the Women's Committee General Meeting, Ms. Chernomor explained the decisions and new policies which had resulted from the various committee meetings which had taken place prior to the beginning of Congress.

Cyrusland of the Year Peter Vidmar



Roger Gosselin presenting CYRUSLAND OF THE YEAR AWARD to Don Peters

Don Peters, National Women's Coach and Ron Kremer, National Women's Assistant Coach gave a report on the USA Women's National Team throughout the past year. Mr. Peters basically highlighted the international events in which both the senior and junior national teams were involved: 1981 World Championships in Moscow, team dual meets — USA vs Japan in Hanover, USA vs Hungary in Atlantic City, USA vs PRG in Los Angeles, USA vs USSR in Gainesville, the USGF International Invitational in Fort Worth, PRG-FRG-USA Friendship meet in Peking (Beijing), and the Canadian Classic in Winnipeg which involved junior teams from Canada, France, Brazil and USA. Mr. Kremer supplemented Mr. Peters' report with interesting 'personal tid bits' about the gymnasts which took place outside of the competition. Both coaches are extremely pleased with the progress of both the senior and junior national teams and especially the fact that a feeling of 'team spirit' is developing.

Neil Kennedy, from Houston, was one of the main Congress program speakers. Mr. Kennedy presented ideas on a workout station. He advocated a three-hour workout session in which there should be a concentrated effort to utilize this time period to the greatest efficiency. Mr. Kennedy recommended basic conditioning at the end of the workout. Using his own club programs as examples, Mr. Kennedy demonstrated a simulated workout station with highlights emphasizing the flow of the workout, not the specific skills. Hard work was stressed, but nutrition and rest are just as important. During a vacation — time off — period, the gymnast should stay active however not necessarily with specific gymnastics activity. In addition the time period should be completely readjust just to correspond to the vacation-time period.

The Women's Junior Georgia Judging session was conducted by Cheryl Grace and Audrey Schweyer. This session basically emphasized the new coaching and judging decisions which resulted from the Women's Committee and Women's Technical Committee meetings which took place in June and prior to Congress. Clarifications and changes in the deductions for the exercises were discussed as well.

By far the most well-attended session of the women's program event was Kathy Johnson's lecture demonstration concerning on balance beam. Her presentation was basic and easily under-



Lecture demonstration by Peter Kennedy

stood by all in attendance in addition to being applicable to all teaching and competitive levels. She covered details from basic posture to competitive confidence. Six local club gymnasts demonstrated skills during portions of the two hour session. Ms. Johnson held the attention of her audience quite captively referring to her own competition training and background. The presentation was that much more interesting and important to the listeners because Kathy was relating her own personal experiences.

The FIG interpretation session was conducted by Jackie Pie, FIG Women's Technical Committee member. Ms. Pie relayed basic rule changes and clarifications to the Code of Points, in addition to the Rare Value and Original Value elements which resulted from the 1981 World Championships. Ms. Pie mentioned possible triads which are developing in the international area i.e., A and B groups after the 1981 Olympic Games, replacing risk with virtuosity in the B group, and the fact that the FIG-WEL is only now giving consideration to the round-off approach vault. The new FIG supplement to the Code of Points may now be ordered from the USGF office.

If one wants to attempt to understand how the USGF women's artistic gymnastics structure is proposed to work, one place to finally do this is at the USGF Congress. Here there exists the opportunity to see a schedule of meetings for the numerous different committees as well as the faces of the members in these committees. Perhaps it is then possible to organize them in one's mind.

Committee meetings took place among the Women's Technical Committee, Women's Elite Development, Junior Olympic Girls, Women's Consumer Officer, Women's Committee Executive Board, Women's International Program Committee, Certification Committee, USGF Judge Training, and NAWG Governing Board and State Judging Directors. One good aspect of having this many meetings take place at one basic time period, and in several instances simultaneously, is that one committee is able to obtain a decision from another committee, in case this information is necessary for the original committee to make a decision.

Highlights of the basic decisions which took place at several of these meetings include:

Top 21 from the 1983 Championships of the USA will be the Senior National Team. There will be two group rankings for Juniors. One will be the result of G/O competition of the Juniors who are 14 in 1983. The other will be the result of testing (20%) and options (80%) of the Juniors who remain under 14 in 1983. These rankings will be the result of the National Sports Festival 1983.

Round-off entry vaults will be allowed on an experimental basis at the Blue level only. If performed at the Junior Olympic level, they would receive a zero.

The minutes of these committee meetings which took place at Congress will be published in the "USGF Technical Journal," after they are approved by the USGF Executive Committee.

The 1982 USGF Congress was extremely successful with regard to the Women's Program. Many types of sessions were available, and the Congress participant was not offered the same type of event throughout the four day period. An opportunity to learn and gain much was provided. Unfortunately often times the Congress participant had to choose which session to attend as there were simply too many activities going on simultaneously.

Becky Rife

MEN'S ARTISTIC PROGRAM

The Men's Program for the 1982 Congress was well attended, informative, and successful. In fact, this year's was perhaps better than in previous years. For example, the Junior Olympic Development Program had a noticeably increased interest. Organization is



The USGF McDonald's Corporation sponsorship discussed by Alice Donahue of McDonald's (above). (Below) One of 50 exhibitors





Kathy Johnson (above) puts an excellent finish to her Acrobatic competition (Below) USGP Men's Program Director, Manayudi Watanabe



a whole was better, coaches could chose to attend sessions involving sports medicine, biomechanics, lecture demonstrations and various organization meetings.

Perhaps the most noticeable change from years past was the emergence of the US Elite Coaches Association for Men. The USFCA Men is now a viable and recognized association. Jim Howard is their elected President. At Congress they held business and technical sessions and a coaches-panel discussion. The USFCA Men's technical sessions included talks from Francis Allen, Head coach at the University of Nebraska on Production of Hand gestures and a pointed horse film centering on progressions for long lateral circles and High or Travel. Fred Tarnell, Head coach at Temple University presented "Arm Position and its Mechanical Effect on Twisting Somersaults". Fred Bochelberger, Head coach at the University of Minnesota, spoke on the concept of "Measuring Training Loads — The Counting of Elements and its Usefulness", and Jim Howard, Assistant coach at the University of Nebraska also presented a film and spoke about training facilities and the program he had observed in Moscow. These presented materials were excellent in terms of the depth of thought, and their help in the training of elite level gymnasts.

There were three sessions involving the Junior Olympic Program. On Wednesday and Thursday they held their annual board meeting to discuss business and rules as well as policy changes. The 1983 Junior Olympic Nationals for boys was announced to be held June 23-25 in Eugene, Oregon hosted by the National Academy of Artistic Gymnastics. The national qualifying scores were also modified. Class B was raised to 90.00 points, Class I remained the same at 95.00 points and Jr. Elite was also raised to 105.00 points. Also new to this year Congress was the formation

of the Junior Boys Gymnastics Coaches Association. The formation took place during the Jr. Olympic general session which was well attended from the previous year and now has over 200 members. The officers of the JBGCA are Jerry Lee from Topeka, Kansas — President; Bill Austin from Houston, Texas — Vice President, and Ray Gann from Avon Lake, Ohio — Secretary/Treasurer.

On Sunday morning, Lecture Demonstrations were given by Tom Gardner from Sacramento, California on Under bar and Super Parallel Bars Swing, Yoshio Tomita from Tucson, Arizona spoke on the current trend in pommel horse double leg circles, and Wachiko Miki from San Jose, California discussed the best swing as applied to pommel horse, rings, parallel bars, and horizontal bar. At the afternoon session, after a short lunch break, Vernon Allen and Fred Boenishberger presented the materials from the USGF Men's Technical session and Max Wiesenthal, USGF Men's Program Director presented new trends in floor exercise composition. Papers presented at Congress from the many technical sessions will be reprinted in ensuing issues of the USGF Technical Journal.

The National Association of College Gymnastics Coaches-NAGC held two business sessions. A major topic of discussion and concern was the overall growth of boys' and men's gymnastics at all levels from clubs, the local school systems and the colleges. Also in area of continuing discussion centered around judging and its current trends. Jerry Wright is fortifying the NAGC Statistical report. Wayne Young at B.T.U. will pick up the slack. Contact: James Carlson, 106 MFT-BYU, Provo, Utah 84602.

Max Wiesenthal

(Below and above right) Bob Kerey's opened his talk on running (Above right) A record number of children attended this year's Clow games





Lydia Brie Crabb (bottom) Rhythmic Gymnast of the Year, Jan Clark (above left) spoke on public relations and Betty van der Heijden (above) gave an insightful talk on safety and the law. Ron Kreutzer (far right) reviewed the competitive year for the USA Women's team.

RHYTHMIC GYMNASTICS

For the first time, the USGF Congress offered an extensive Rhythmic Gymnastics program for all interested participants at all skill levels. There appears to be a definite interest in this new "Olympic" sport demonstrated by the large number of participants in all of the classes the Congress had to offer. The National Rhythmic Gymnastics Committee meeting was also held again in closed session.

For the first time, several participation/lecture/demonstration sessions were offered. Monika Hefner, Patty McCarty and Barbara Feser taught a class on "Basics." There were approximately 20 participants and 50 observers of this session.

The second and third sessions combined "New Trends" and "Advance Skills" in Rhythmic Gymnastics. This session was given by Olympic Coach Alla Sivskiy. Alla gave an insight to the "tricks and bolts" of how to perform many of the advance tricks.

At the end of the session, National AA champion Lydia Gribtree demonstrated her routine in all events (rings, hoop, ribbon, and clubs). As the saying goes, "One picture is worth a thousand words." She sure sold this beautiful sport to all who were present.

A Planning Meeting for State and Regional Directors chaired by Andrea Schmid was also conducted for the first time. Its main purpose was to keep our state chairmen up to date on the development of this sport especially about the Age Group Developmental and Judging Certification Programs. Discussion groups were formed at the end of the meeting in order to exchange ideas as well as schedule the national calendar for rhythmic events. Everyone present felt that this meeting was very beneficial.

The "Rhythmic Community" looked forward to honoring the "Gymnast of the Year" who happens to be Lydia Gribtree. "The Coach of the Year" is second time chosen Alla Sivskiy.

The USGF Congress was very well organized and provided an excellent program. Opportunities were given to discuss events, create schedules. Participants were given the chance to try out basic skill techniques as well as new skills. Coaching techniques were also discussed and demonstrated. We are all looking forward to the next Congress.



Annual Report: — Competitions — 30 Domestic, 7 International, Exhibitions — 34; Clinics — 25 Compulsory, 28 Optional; 11 Judging, R.G. Clubs and Coaches — 48; R.G. Registered Athletes — 212; Judges — 44

Andrea B. Schmidt

SPORT SCIENCE REPORT

Again this year at the 1982 USGF Congress, the Sports Science Committee and presenters made a major contribution to the program and provided all Congress attendees a wealth of knowledge and reference material to draw from and take home.

The USGF Sports Medicine committee lead the presentation. They have made a tremendous contribution to our athletes through their education articles in the USGF Gymnastics Magazine and their efforts and expertise are greatly appreciated. Dr. James Garrick from San Francisco's Center for Sports Medicine coordinated the presentations. He covered "Predicting and Solving Medical Problems in the Gym." He and Jack Rockwell also from the Center for Sports Medicine and a US Gymnastics National Team Trainer discussed "How to Get Good Medical Care for your Club." In addition, Mr. Rockwell covered "What's Wrong with Stretching Programs?" Dr. Neal Smart from the Plaza (Texas) Orthopedic Clinic covered "Diagnosis of Common Knee Problems." Dr. Gary Weiser from the Cleveland Clinic and Ron Gamm made a special presentation, "A Study of the Types and Frequency of Gymnastics Injuries," which is a study they conducted in the Cleveland area that looked at the type and frequency of injuries sustained in private clubs by both competitive and recreational gymnasts. This is an ongoing study and we are looking forward to updated data which will help coaches and program directors in establishing injury prevention programs.



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For the physiology portion of the program, we were fortunate to have this presentation endorsed and co-sponsored by the American College of Sports Medicine. This presentation was coordinated by Dr. Peter DeRienzo, vice president of Basic and Applied Science at the American College of Sports Medicine and Director of Research at the Institute for Human Performance in Fort Worth. The featured speakers included: Dr. John Losinski from Cleveland, who spoke about nutrition and the use and abuse of drugs as aids in gymnastics; Dr. Todd Martin from University of Texas at Arlington, who spoke about the difference in quantity compared to quality in training with respect to muscle fatigue and muscle fiber recruitment; Dr. William Gopas from the University of Texas Health Science Center in Dallas, who spoke on different muscle fiber types and the limiting factors of performance; and Dr. Michele Warren from Roosevelt Hospital in New York, who spoke on the proper and improper procedure of weight loss and the effects of hormonal substances. To conclude this presentation, these speakers and additional panelists conducted a panel discussion.

In the Sports Psychology sessions, Dr. Keith Henschen, from the University of Utah Salt Lake City, explored the psychological manifestations of competitive gymnastics at different levels, as well as what is available for coaches and how they can utilize limited resources. Dan Gold, from the Kansas State University and a primary licenser for the American Coaching Effectiveness Program (ACEP), covered the complexity of balancing a gymnast's motivation and how motivation affects performance success.

The biomechanical Task Force headed by Dr. Gerald George equipped coaches and judges with even more educational ammunition from their area of the science of sport. Dr. George presented "Specificity Training for Competitive Gymnastics," covering a system of power training exercises designed specifically for the competitive gymnast. Dr. Chic Johnson from Southwestern Missouri State University showed the interrelationship between the psychological and biomechanical factors in performance. Dr. Sid Freudenthal from Metropolitan State College in Denver, presented a narrated video tape entitled "Physics and the Gymnast (Rotation)." This tape defines and reviews terms and uses gymnastics to illustrate rotation about axes which are in turn moving through space. Dr. Jerry Calkins from Eastern Kentucky University, made a presentation entitled "Mechanical and Other Analysis in Gymnastics," covering mechanical analysis in gymnastics and related topics. Bill Sands from the Mid America Twisters, Northbrook, Illinois, presented a graphic look at Deflections on women's uneven bars from a film analysis of actual performance.

Debbie Fossen

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GYMNASTS OF THE YEAR

One highlight of the banquet was the announcement of Julianne McNamara, Peter Vidmar and Lydia Rice-Crieger as the 1982 USGF "Gymnasts of the Year." The three were honored for their accomplishments in women's artistic, men's artistic and rhythmic gymnastics respectively. Each gymnast was presented with a plaque of honor followed by a photo tribute, both done by USGF Artist-Photographer, Dave Black.

Seventeen year old Julianne McNamara is a two-time recipient of the USGF Gymnast of the Year award and in her third year as a USA National Team Member, she began her last year at every competition. Her conquests include all-around championships at the McDonald's Americas Cup at Madison Square Garden, the International Meet of Pairs (with Bart Conner) the Pacific Cup in Australia and the USA/Chile dual meet held in Los Angeles. She was silver medalist at the Championships of the USA, losing out to Tessa Taffner, and she had started out the competitive season by placing seventh at the World Championships in Moscow — the highest finish ever for an American woman.

McNamee said of her year, "I'm really happy. This was a really good year for me especially World Championships. That was my first World Championships where I had competed with so many different countries. It was just a great experience. I was really happy I did so well."

The 1980 Olympian feels she accomplished the goals she had set for last year, which were to make the USA World Championships Team, better herself internationally and compete more internationally. What's jalouse planning for the season?

"I want to try and do really well at World Cup and then I'm looking forward to the '85 World Championships and in trying to assist the USA Pan American Games Team," McNamee says. "And then of course '86."

Gymnast of the Year, Peter Vidmar had a phenomenal year. The 21 year old UCLA senior captured the coveted NCAA All Around title, wrestling it from the grasp of Nebraska powerhouse, Jim Hartung. Vidmar topped his NCAA Championship by winning the gold medal in the all around at the McDonald's Championships of the USA in Syracuse, New York.

The number one USA ranked gymnast also fared well against the world. In the 'USA versus the World' series Vidmar placed second, fourth and eighth respectively against world power the Peoples Republic of China, Soviet Union and Japan. To start the season, Vidmar placed 13th AA in the World Championships.

"I was really happy with the accomplishment (of this year). I think that this year in terms of competitions, was really the best year for me — being well prepared for competitions and getting in condition," said the Los Angeles native. "I think there were certain tricks I would like to have done. I'd like to be stronger — but I certainly can't complain."

"My main priorities now are the 1985 NCAA Championships — this being my last collegiate year — the '85 World Championships and the 1984 Olympic Games." After four consecutive years as the runner up at the UNGR Rhythmic National Championships, 1982 Gymnast of the Year, Lydia Bree Cralente finally captured the gold medal by beating out Valerie Ellering and seven year USA National Team Member, Sue Sofie. This culminated her triumphant 1982 season which also included such noteworthy accomplishments as placing fifth all around in the Austrian Invitational and becoming the Champion at the Rhythmic International Invitational in Atlantic City, New Jersey. Cralente's 1982 season also included a hard-fought and close contest at the USAC's National Sparta Festival where she placed second in the all around competition.

"I think this year was really great. I'm so pleased about everything. It's like a dream come true," says Cralente. "Last year too I felt great because I was so consistent in every meet. I don't think there was one meet that I really bombed."

For the coming competitive season, Cralente is concentrating on the Four Conquest Championships.

"My main goal now is for the New Zealand trip. After that I'd like to do more exhibitions, more things to promote the sport around the country."

Following the presentation of the Gymnast of the Year, the Coaches of the Year were announced. Don Peters of SCATS, Alii Sandly of the LA Lights and Makoto Sakamoto of UCLA were tapped for the honor.

Peters has been the USA National Team Coach for two years taking teams to Australia, West Germany, Peoples Republic of China, Soviet Union, Hungary and Japan.

Alii Sandly has also been designated as the 1984 Olympic Coach. She is currently part of the USA Coaching Staff for 1984 and has coached many Rhythmic Gymnastics champions among them is Lydia Cralente.

Makoto Sakamoto is the assistant coach for the men's USA National Team and has been helping to coach the outstanding UCLA team for five years. Sakamoto has coached the USA Team through many competitions and cites Vidmar as one of his protégés.

Kathleen M. Delano



Authors of Sport — George Nixon and Alvin Sandly

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INTERNATIONAL

AUSTRALIA

MELBOURNE/CANBERRA WOMEN'S REPORT



PACIFIC RIM CHAMPIONSHIPS — The trip from Los Angeles to Melbourne, Australia, took approximately 24 hours. We went by way of Honolulu, then from Honolulu to Fiji. The flights were relatively light and there was room for the girls to lay down and sleep, so they were in pretty decent shape when we arrived.

The hall was very well equipped with all Australian equipment, the identical equipment to be used in the competition. The bars were very nice; they had an unusual adjustment device. The floor was an Australian version of the AMF spring floor (plywood with coil springs), but they use concrete coils that fold down inside themselves. The matting on top isn't quite as thick as our 1 1/2" from but it was very adequate. The visiting boards were blonder air boards, and were basically springier than our American springboard.

In training, we just did handspins vaults getting used to the mats and the boards, then we went through a little work on bars. It was a little difficult. The bars were quite close to the walls, so we were not able to do layouts or dismounts. The beams seemed good. The girls were in good splits and all in all it was a pretty good workout.

The next morning, we worked out at 10:00 in the same hall. This workout, Julianne McNamara was a little nervous on vault because she was working on a new vault (Tuck fall) but they were very good. Gina Staljian warmed up layouts. Michelle Goodwin is doing full cartwheel off and Pam Bileck's doing neck handspins front. Balance beam went pretty well. On floor we just danced through and did layout routines, we didn't do any hard tumbling.

"On floor exercise ... Pam Bileck scored a 9.4 with a very steady routine ..."

AUSTRALIAN CUP, MELBOURNE — The Australian Cup was a two-day competition with uneven bars and vault in the first day of competition and balance beam and floor exercise in the second day. We started off on vault and were the fourth to compete. Our first three girls had their vaults: Goodwin 9.45, Bileck 9.50 and Staljian 9.70. Last was Julianne McNamara who did a Taskisharaih twin and scored a 9.9. She rose from the horse making her form look very good and she stuck the landing.

Our next event was uneven bars and I just up for as was Gina Staljian. She had some trouble with the whip-front, causing a stop in her exercise, and as a result she scored an 8.95. Following Gina was Farina Bileck who did a very nice job and scored a 9.55. She had a very clean routine and finished with a live hip half turn to handstand and an inverted pike. Contested dismount that was done very high and the landing was good. After Pam, Michelle Goodwin had her routine and impressed the crowd with her rose off Arabian mount. She was in a little bit of trouble on the whip-front with handstand that she does, but she managed to hang on by her fingernails and kept the routine going to score a 9.7. Julianne did her new routine with her giant front in the routine scoring 9.95.

The Chinese team preceded us on bars. They were typically Chinese displaying good form, good swing. One girl was very exciting and dismounted with a fall. They were a little erratic, and they had a couple of misses.

The second day of competition, we started on balance beam and were the fourth team up. Michelle Goodwin started for us and had a very steady routine. She fell off twice, once on her flip flop, flip flop, tuck back, and once on her side aerial flip flop. We had started Michelle on beam for us because we felt she was a very steady competitor and had been steady for us throughout the entire first year and a half. Pam Bileck came up next and she picked up the slack for us. She had a very nice balance beam routine and scored a 9.8. That got us started. Next went Gina who did an excellent routine. Her round off tuck was very nice, landing was good, she's doing a new routine. The elements are the same, but the dance is changed. However, she put her hands down on the dismount. Julianne was next and got through her routine without a major break, but she had a couple of bubbles — one after a gather layout and a slight bubble after the straddle jump. She scored a 9.65. Gina's score was 9.4. So our crowning scores on beam were 9.3, 9.4, 9.65. The highest score in the event was Gai Shu Sheng from China with a 9.75.

"The combined overall score, totaling men and women, put the Chinese team in first and the U.S. team in second."

On floor exercise, we started Michelle Goodwin who had trouble with her triple fall, 9.05. Pam Bileck scored a 9.4 with a very steady routine, nice high double pike dismount, and a clean double fall dismount. Gina did a real good job with her routine for a 9.6. Moseying with a double tuck, 1 1/2 through to fall in the middle line, and double fall in the end. She had a little form break on the double fall at the end as her legs crossed on the take off. Julianne finished up with a 9.7, with very clean tumbling. She didn't do her full-on, she mounted with a double pike, did a Russian front through to double twist in the middle and dismounted with a double twist.

Results of the competition: The United States Team placed first with a score of 115.30; the People's Republic of China was second with 113.65; the Japanese team surprisingly upset the Canadians and came in third with 109.75; the Canadians were fourth with 108.6. The Canadian were one girl short. One of their girls was injured on the floor even and didn't continue the competition.

PACIFIC CUP, CANBERRA — The next morning we were bused to the airport and took a short 35 minute flight to Canberra. We had training scheduled that day at 1:00 pm at the National Sports Institute which adjoins the area where the next competition was to be held. Their National Training Center is far away and the finest training center for the extension anywhere in the world; it's at least 30,000 square feet with a pit that runs the whole length of the gym. It's a deep loose floor pit with about 8' cubes of very precisely cut foam. All the equipment is new. It's all Australian equipment, the Australian manufacturer. There's one piece of each apparatus over the pit: a ring stand, high bar, uneven bars, a set of men's parallel bars beside the pit for dismounts, a balance beam that you can dismount into the pit, a tumbling runway into the pit, two visiting runways into the pit, a static trampoline, full size bed trampoline with one end mounted floor level with the balance beam going into the pit and the front end is on a hydraulic lift and can be raised and lowered at the touch of a button.

Outside of the pit there is another area where each piece of apparatus has an inground pit about 2' deep, vinyl covered foam pit situated into the floor at floor level. They had a ring stand over that, a high bar and a girls uneven bars. Then there are numerous sets of apparatus set up within regulations on the floor, about four or five balance beams and three sets of uneven bars. There are only one floor exercise mat.

"We worked out in this facility and seeing that Julianne and I had hit four very solid events the day before, they just stretched and arranged a little bit on the bars. Gina and Michelle worked on the areas they had trouble with in the first competition. Michelle did some double-backs into the pit. She then came out onto the floor and did quite a few groundworks. We decided for the second meet she wouldn't do the triple twist, but instead do a double somersault. Michelle also worked very hard on the two elements that she missed in her beam meeting."

The next day there were seven teams in the competition divided into two groups, a group of three and of four. They were ranked based on the results of the Australian Cup competition in Melbourne. The US team competed shortly after 9:00 pm so we had to spend five hours there before we competed. They had a timed warm-up on the meet apparatus of 10 minutes per team, which is a relatively decent timed warm-up if you're going to compete shortly thereafter, but we competed four hours after our timed warm-up in the interim time we went into the training center. There's a tunnel connecting the two buildings and we could use that to travel more quickly across the same grounds.

We started off on with Michelle Goodwin starting on for us and scoring a 9.85. Paul Bileck went second and again scored a 9.5. Gina did two layout Tsuks and she did legitimate layouts. This was interesting because the dad did layouts on this event and scored a 9.3, where in the previous meet she did a pike. Tsuks and scored a 9.7. There was a different panel of judges, different supervisor, judge, and I think that accounted for the difference. Julianne did a Tsuk-fini and it was a good vault to score a 9.70.

"The participants and the spectators alike felt that they were sharing a moment akin to the ('56) olympic games."

The next event was bars where Gina started off and got through her routine without any major breaks and scored 9.20 Michelle Goodwin did her routine very well and started off with what I thought was going to be an excellent routine but she couldn't hang on in her front somi with a major break and scored about a 9.0. Joilene started out with an excellent routine the mount was better than it was in the first meet. She was swinging perfectly up to the front giant front and she actually swung the front giant very well, but she hung a little too long and she couldn't hold on to the front catch and came off.

Then the balance beam. At that point in time, with two broken routines on her, we were very close to the Chinese, but the girls came back strong on beam. We changed the order around with Fanny starting instead of Michelle. Fanny started off with a good routine. She was a little shaky and seemed to be under added more pressure starting for the team than she had been in the first meet where we had her up in the middle of the lineup. Michelle went next and hit a very solid routine. Gina went third and hit an excellent routine and stuck her double-back dismount. Julianne went last and also did a better routine than the first competition. So we came back real strong on beam with four hit routines, and moved ahead of the Chinese again.

On Friday we got through without a break. Michelle did a nice double-back and finished her routine well. Gina, Pam and Julianne's routines were about the same as the first meet. I think Julianne's handling was a little bit lower than she was in the first meet, but she had no problems, landed everything well and scored above the norm.

The final results of the second competition in the Pacific Cup. The United States was first approximately 150 points ahead of the Chinese, who came in second. The Canadians managed to beat the Japanese for third, and the Japanese were fourth. Australia was fifth, New Zealand sixth, and Hong Kong was seventh.

The competition overall score, building them and winning, put the Chinese team in first and the U.S. team in second.

PACIFIC CUP CHAMPIONSHIPS
SEPTEMBER 20, 1982
CANBERRA, AUSTRALIA

THE BAND RECREATIONAL TEAM

MELBOURNE/CANBERRA

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PACIFIC RIM COMPETITIONS:—"The first major international gymnastics competitions staged in Australia since the 1996 Olympic Games took place in Melbourne and Canberra September 17 and 20, 1994. Heading the list of international teams were representatives of three of the giants of modern competitive gymnastics: Japan, China and the United States."

The preceding paragraph is indicative of the media prestige given the "Australian Cup" and the "Pacific Cup" competitions. The participants and spectators alike felt that they were sharing a major moment in time in the Olympic Games. Almost as though the spirits of those 1956 Olympians were present and saying "go for it," and "put on a show for these fine people of Australia"; and a show it was.

Australian Guy The first session of the competition was held at the same site that the 1956 Olympic Games Gymnastics Competition was held. The men competed in FX-PH-SI and the women went through their paces on rank and bars. In this session I served as superior judge for FX and quickly realized that this was going to be the most honestly judged International meet I had ever judged, pasted in (having judged in East Germany, Brazil, Italy, Canada and Mexico and several International teams and dual meets in the US.) This outstanding judging remained true throughout the three days of competition.

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A well planned and efficiently run judges meeting prior to the first competition (chaired by the very able and friendly Jeff Cheshire of Australia) actually set the tone for the entire competition. During this meeting, a special session was held to point out the original moves we could expect to see in the meet. Those moves were Floor-Diagonal front sats, Thread-Fist with turns (I think it went counter-clockwise), back sats with double over to immediate punch from 1½ side sats to give roll. Personnel was pointed out that the combinations were so complex as to define dancing and that the judges were on their own. Songs: Seven set Bells (disco), Yanni Handspan (1½) with 1½ twist. Pendle Fists (giant with 1½ turn, Vernon leg 1½) High Bar, front and giant to end and regroup. I was also impressed with a Latvian with 1½ twist to handstand (on top of the high bar (performer came out to the absolute vertical position after 1½ turns) and with a parallel bar sequence of — punch to handstand on end of the bars, to start to handstand again will on the end of the bars to immediate giant to handstand in the middle of the bars, to front splits. On the parallel bars the Chinese did exceptional good double leg work, high amplitude and extended with excellent difficulty and one of the Japanese did several triple fly a ways from the high bar, both in practice and in the competition, that were absolutely excellent with no lack of control whatsoever.

Unfortunately, during the first session it quickly became obvious that most of the gymnasts were not in top-competitive form. They did put on a fine show, but some were very rough at spots and apparently left our some difficulty flying. Of course, there was still a part in IX and Max Amos may have been caught leaving out a little part in IX. Two or three of the AA performers did look very good though.

The second night the men performed on V-PB-HB and the women finished up with HB and FX. I was on vault this session with a very gracious gentlman by the name of Trevor Craig, from New Zealand, and the superior judge. I got the impression Trevor was New Zealand's Glenn Smedley (Robert, publisher etc.).

Once again the judging was amazingly good. The only problem with the judging in my opinion, was that the score was 8.5 to 9.4 and should have been 7.5 to 9.6 but the best scores went to the lower numbered entries.

The Hong Kong team, competing for the first time in an international meet, was understandably weak but hung on there and showed a lot of class under difficult circumstances. Ability was the Hong Kong team's best qualification as an All-American high school team in the States. The Australian team looked quite good but the Japanese gymnasts made several major errors, which threw them out of the medals.

The U.S. men's team did a marvelous job—considering the time of the year for them. Brian Meekler was injured in the first event of this meet and in the second meet he was only able to compete in P1. Despite a third place finish by the men there was fantastic

A major problem, in this session (and the re-enactments), from my point of view was the midwives' attitude that none of the Chinese did. It was actually more like a *Currojo* into a back with a full trout and performed with the worst possible form. What does one do with a skill performed for the first time with poor form? We all gave a 9.8 but I felt uncomfortable about it. Not unlike when the Cuban years ago did hand-signing, earthenware and turned it in deep squat or even on its back to first reported by Ken Allen. Ken I remember, left the same concern: I have just experienced but suggested that a great deal of latitude could be given on a new score.

Pacific Cup in Canberra, the National Capital, the competition was held in one night (see results) - six, male events and four women's events at the same time and it was massive. On the floor exercises the men and women singly abnormal performances and the event did not even hold up the other events. In this competition I again served as superior judge on FX and almost every gymnast did a better job than in the previous competition.

Jerry Wright

PACIFIC CUP CHAMPIONSHIPS
SEPTEMBER 20, 1962
CANBERRA, AUSTRALIA

Team	W	L	T	Y	GP	WGP	LGP	TGP	GPW
Team Name	0	0	0	0	0	0.00	0.00	0.00	0.00
Toronto Blue Jays	82	82	0	0	164	0.50	0.50	0.00	1.00
Montreal Expos	79	83	0	0	162	0.49	0.51	0.00	0.98
Washington Nationals	76	86	0	0	162	0.47	0.53	0.00	0.95
Chicago Cubs	75	87	0	0	162	0.47	0.53	0.00	0.94
Seattle Mariners	74	88	0	0	162	0.46	0.54	0.00	0.93
Los Angeles Angels	73	89	0	0	162	0.45	0.55	0.00	0.92
San Francisco Giants	72	90	0	0	162	0.44	0.56	0.00	0.91
Atlanta Braves	71	91	0	0	162	0.43	0.57	0.00	0.90
St. Louis Cardinals	70	92	0	0	162	0.42	0.58	0.00	0.89
Philadelphia Phillies	69	93	0	0	162	0.41	0.59	0.00	0.88
Baltimore Orioles	68	94	0	0	162	0.40	0.60	0.00	0.87
New York Yankees	67	95	0	0	162	0.39	0.61	0.00	0.86
New York Mets	66	96	0	0	162	0.38	0.62	0.00	0.85
Chicago White Sox	65	97	0	0	162	0.37	0.63	0.00	0.84
St. Louis Browns	64	98	0	0	162	0.36	0.64	0.00	0.83
Seattle Pilots	63	99	0	0	162	0.35	0.65	0.00	0.82
Montreal Expos	62	100	0	0	162	0.34	0.66	0.00	0.81
Chicago White Sox	61	101	0	0	162	0.33	0.67	0.00	0.80
Seattle Pilots	60	102	0	0	162	0.32	0.68	0.00	0.79
Montreal Expos	59	103	0	0	162	0.31	0.69	0.00	0.78
Chicago White Sox	58	104	0	0	162	0.30	0.70	0.00	0.77
Seattle Pilots	57	105	0	0	162	0.29	0.71	0.00	0.76
Montreal Expos	56	106	0	0	162	0.28	0.72	0.00	0.75
Chicago White Sox	55	107	0	0	162	0.27	0.73	0.00	0.74
Seattle Pilots	54	108	0	0	162	0.26	0.74	0.00	0.73
Montreal Expos	53	109	0	0	162	0.25	0.75	0.00	0.72
Chicago White Sox	52	110	0	0	162	0.24	0.76	0.00	0.71
Seattle Pilots	51	111	0	0	162	0.23	0.77	0.00	0.70
Montreal Expos	50	112	0	0	162	0.22	0.78	0.00	0.69
Chicago White Sox	49	113	0	0	162	0.21	0.79	0.00	0.68
Seattle Pilots	48	114	0	0	162	0.20	0.80	0.00	0.67
Montreal Expos	47	115	0	0	162	0.19	0.81	0.00	0.66
Chicago White Sox	46	116	0	0	162	0.18	0.82	0.00	0.65
Seattle Pilots	45	117	0	0	162	0.17	0.83	0.00	0.64
Montreal Expos	44	118	0	0	162	0.16	0.84	0.00	0.63
Chicago White Sox	43	119	0	0	162	0.15	0.85	0.00	0.62
Seattle Pilots	42	120	0	0	162	0.14	0.86	0.00	0.61
Montreal Expos	41	121	0	0	162	0.13	0.87	0.00	0.60
Chicago White Sox	40	122	0	0	162	0.12	0.88	0.00	0.59
Seattle Pilots	39	123	0	0	162	0.11	0.89	0.00	0.58
Montreal Expos	38	124	0	0	162	0.10	0.90	0.00	0.57
Chicago White Sox	37	125	0	0	162	0.09	0.91	0.00	0.56
Seattle Pilots	36	126	0	0	162	0.08	0.92	0.00	0.55
Montreal Expos	35	127	0	0	162	0.07	0.93	0.00	0.54
Chicago White Sox	34	128	0	0	162	0.06	0.94	0.00	0.53
Seattle Pilots	33	129	0	0	162	0.05	0.95	0.00	0.52
Montreal Expos	32	130	0	0	162	0.04	0.96	0.00	0.51
Chicago White Sox	31	131	0	0	162	0.03	0.97	0.00	0.50
Seattle Pilots	30	132	0	0	162	0.02	0.98	0.00	0.49
Montreal Expos	29	133	0	0	162	0.01	0.99	0.00	0.48
Chicago White Sox	28	134	0	0	162	0.00	1.00	0.00	0.47
Seattle Pilots	27	135	0	0	162	0.00	1.00	0.00	0.46
Montreal Expos	26	136	0	0	162	0.00	1.00	0.00	0.45
Chicago White Sox	25	137	0	0	162	0.00	1.00	0.00	0.44
Seattle Pilots	24	138	0	0	162	0.00	1.00	0.00	0.43
Montreal Expos	23	139	0	0	162	0.00	1.00	0.00	0.42
Chicago White Sox	22	140	0	0	162	0.00	1.00	0.00	0.41
Seattle Pilots	21	141	0	0	162	0.00	1.00	0.00	0.40
Montreal Expos	20	142	0	0	162	0.00	1.00	0.00	0.39
Chicago White Sox	19	143	0	0	162	0.00	1.00	0.00	0.38
Seattle Pilots	18	144	0	0	162	0.00	1.00	0.00	0.37
Montreal Expos	17	145	0	0	162	0.00	1.00	0.00	0.36
Chicago White Sox	16	146	0	0	162	0.00	1.00	0.00	0.35
Seattle Pilots	15	147	0	0	162	0.00	1.00	0.00	0.34
Montreal Expos	14	148	0	0	162	0.00	1.00	0.00	0.33
Chicago White Sox	13	149	0	0	162	0.00	1.00	0.00	0.32
Seattle Pilots	12	150	0	0	162	0.00	1.00	0.00	0.31
Montreal Expos	11	151	0	0	162	0.00	1.00	0.00	0.30
Chicago White Sox	10	152	0	0	162	0.00	1.00	0.00	0.29
Seattle Pilots	9	153	0	0	162	0.00	1.00	0.00	0.28
Montreal Expos	8	154	0	0	162	0.00	1.00	0.00	0.27
Chicago White Sox	7	155	0	0	162	0.00	1.00	0.00	0.26
Seattle Pilots	6	156	0	0	162	0.00	1.00	0.00	0.25
Montreal Expos	5	157	0	0	162	0.00	1.00	0.00	0.24
Chicago White Sox	4	158	0	0	162	0.00	1.00	0.00	0.23
Seattle Pilots	3	159	0	0	162	0.00	1.00	0.00	0.22
Montreal Expos	2	160	0	0	162	0.00	1.00	0.00	0.21
Chicago White Sox	1	161	0	0	162	0.00	1.00	0.00	0.20
Seattle Pilots	0	162	0	0	162	0.00	1.00	0.00	0.19

TEAM RESULTS



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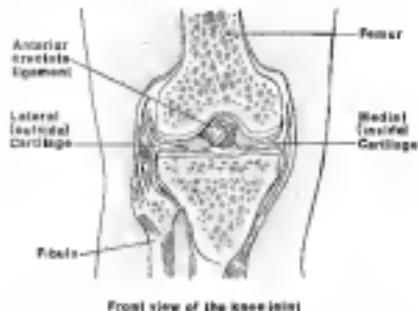
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COMMON KNEE PROBLEMS IN GYMNASTS

Neal C. Small, M.D.
Sports Medicine Editor, U.S.G.F. Magazine

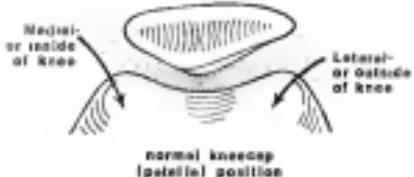
Knee injuries are very common in all sports. Knee injuries in gymnasts have been shown to be one of the most common causes of time lost from workouts and competition. Gerrick and Regan found 80% of gymnasts in their combined study of high school, club and college athletes, had knee problems. Only the split and split were found to be areas more frequently involved. In the recent study by Garrison Walker and Ron Gantin, presented at the U.S.G.F. National Congress in Fort Worth, the knee was found to be the most common site of overuse syndromes. Overuse syndromes are injuries resulting from repetitive use and multiple minor trauma rather than a single severe episode of injury. This study from Cleveland included 675 gymnasts, both male and female. These seemed to be a particularly



Front view of the knee joint

high incidence of knee problems in the Class I gymnasts. The types of knee injuries seen in gymnasts are no different than those seen in other sports such as football, basketball and running.

Knee ligament injuries in gymnasts are fortunately uncommon when compared to the incidence of ligament injuries seen in other athletes. Injuries to the collateral ligaments (Fig. 1) on either side of the knee are rare because these usually occur as the result of a direct blow to the knee. Injuries to the anterior cruciate ligament (Fig. 1), however, are often the result of a twisting maneuver and are unfortunately seen with more frequency.



With an injury of this nature, the athlete feels a "pop" or sudden tearing in the knee at the time of injury. The knee swells rapidly and is quite painful. Obviously, the athlete with a knee injury of this magnitude, should be seen by a physician for evaluation of the knee as soon as possible. A complete tear of the anterior cruciate ligament may require a surgical repair depending on joint laxity and other factors.

Knee cartilage injuries (Fig. 1) are not uncommon in gymnasts. These usually result from activities which cause hyperflexion of the knee or flexion and rotation. The athlete may describe a grinding in the knee at the time of injury, but usually not a loud "pop" as seen with a cruciate ligament tear. Knee swelling usually occurs, but over a period of several days and usually not within the first 24-48 hours. The diagnosis is often made clinically by examination. Another means of diagnosing these problems is arthroscopy where dye is injected into the knee to coat the cartilage for visualization. Arthroscopy is not as commonly used now as in previous years because of the evolution of arthrotomy. Arthrotomy is the technique of visualizing the interior of the knee joint using a small telescope. If a cartilage tear is identified, it can often be corrected arthroscopically thus avoiding an open surgical procedure. This spreads recovery significantly. Unfortunately, not all injuries to the knee cartilage are accessible to treatment arthroscopically. Some require an open operation resulting in a somewhat longer recovery time.

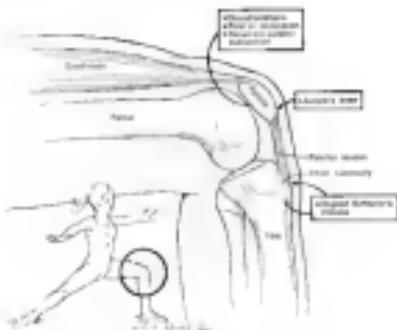
Involvement of the patella (patella) in gymnasts is now known to be very common. Patella difficulties may be of a severe nature such as a complete dislocation or major partial dislocation of the patella. Other types of less severe, but still significant involvement, include kneecap (patellar) maltracking (Fig. 2), chondromalacia and jumper's knee (Fig. 3). Chondromalacia by definition implies permanent structural damage to the joint surface of the kneecap. Very little, if any structural damage to the joint surface of the kneecap is actually encountered in young gymnasts. As a result, the diagnosis of chondromalacia is now made less frequently and the exact nature of the problem such as recurrent partial dislocation (subluxation), maltracking or jumper's knee (patellar tendinitis) is more often diagnosed.

Jumper's knee (Fig. 3) is inflammation of the tendon at the lower margin of the kneecap. It can often be quite inflamed and swollen. In certain cases, bone fragments or bone spurs may form at the lower margin of the kneecap. Because of the jumping maneuvers which are so common in gymnastics, this is a rather common problem. It is treated symptomatically with a brace,



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heat and ice contrast and oral antiinflammatory medications. In an occasional patient, surgery is required to remove bone frig masses.

Kneecap (patellar) disorders such as recurrent patellar dislocation (subluxation) and maltracking are often quite difficult to diagnose. They may mimic other knee problems such as damaged ligaments or cartilage. Generally speaking, the symptoms include pain in the front part of the knee, popping or grinding and perhaps occasional buckling of the knee. The buckling in these cases is the result of the thigh muscles suddenly relaxing when the kneecap catches.

The treatment for recurrent dislocation of the kneecap is often surgical because of the disabling nature of these recurring episodes. There are many different procedures used to correct recurrent kneecap dislocation. Most of these procedures involve tightening the front thigh muscle (quadriceps) or changing the alignment of the kneecap (patellar) tendon. Recently some surgeons have treated selective cases arthroscopically. The treatment for recurrent patellar dislocation (subluxation) and maltracking usually involves exercises to strengthen the front thigh muscles (quadriceps muscles) and a kneecap (patellar) brace. On occasion an arthroscopic procedure is used to loosen the outward pull on the kneecap if performed. This procedure is called a lateral retinacular release.

Another common knee problem in young athletes in all sports is Osgood-Schlatter's disease (Fig. 3). This problem presents as swelling, aching and tenderness at the insertion of the kneecap (patellar) tendon into the prominence below the knee (tibial tubercle). This involves the opposite end of the kneecap (patellar) tendon as jumper's knee, the cause of the subluxation is traction on the open growth plate of the prominence (tibial tubercle). The treatment of this condition in past years included casts, injections, surgery and often restriction from all sports. The approach now most often used by physicians treating this condition is to allow the athlete to continue to train and compete. Most young athletes with Osgood-Schlatter's disease can be treated with cold oral anti-inflammatory medications, heat and ice contrast therapy and an Osgood-Schlatter's brace to prevent direct blows or pressure on the prominence (tibial tubercle). The condition is relatively harmless and is self-limited in that it will resolve at or before skeletal maturity. An occasional residual of the condition is an enlargement of the prominence below the knee (tibial tubercle) or the development of loose bone fragments which persist after the completion of growth. In rare cases, surgery may be required after skeletal maturity to correct these residual difficulties.

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THE EYE OF THE TIGER

Kathy Johnson has already left her mark on USA gymnastics. As others have come and gone, Kathy has remained with vision, maturity, competitiveness, and elegance.

Its a Fort Worth press conference last June at the USGF International Invitational. Kathy Johnson referred to herself and her unique position to gymnastics as "The Eye of Tiger." Kathy had interpreted the popular song by Survivor and applied its basic theme of *Inner Strength of Self* to explain to reporters how she could, at age 22, continue competing in gymnastics, but more importantly how she could still continue enjoying gymnastics.

Her challenge to continue, Kathy has met greater today than in any of her past 10 years of gymnastics. While answering other questions, that night in Fort Worth, Kathy sat with a big of ice on the top of the arch of her foot. Not more than 15 minutes earlier she had been on the floor in the Texana County Convention Center winning the all-around among a top international field of competitors which included Russia's Natalia Pavlichenko (1982 World Cup Co-Champion) and highly touted Alla Shishova, China's top performers at the Moscow World Championships, Mi Yang, Wu Jien, and Chen Yingyan, and USA World Championship Team members Amy Koepke and Macie Goodwin. Sitting beside Kathy was 14 year old Diane Durham. Diane had tied for the all-around gold medal with Kathy at 58.90, having completed four powerful optional routines.

The contrasts of the sort of gymnastics and of performance and personality could not have been keener than between these two co-champions. Kathy had taken a hard, but no heart, fall in resulting in a surgery session preceding the competition. Her foot was painted then which allowed her run onto the board, causing her almost no power from the block for a Takahashi vault. She was short on the vault and perhaps questionable for the meet.

However, it is never impossible to stop Kathy Johnson from accomplishing what she set her mind to. There have been injuries and illnesses before, but may have delayed Kathy, but never stopped her. As at the USOC's first National Sports Festival in Colorado Springs in 1979, she had two horrible falls in vaulting on aerial televisions. And then last year, again in Colorado in Fort Collins for the World Championships Team Trials after her floor exercise music failed to the cassette player, Kathy repeated her same



routine to finish the Trials in the last qualifying position (8th). She then went on to finish 13th in the all-around at the Moscow World Championships in the last six years. Kathy has trained with four different coaches in Atlanta, Belcher, Louisiana — Chicago and back to Atlanta — always searching for improvement. Last week her cast on the same often injured left foot was removed and Kathy was again working hard on rehabilitation and conditioning and looking forward to competing for the '83 competitive season.

In Fort Worth last June, Kathy not only fought through her minor foot injury to compete, but won the competition. She won the all-around alongside USA teammate Diane Durham. Diane sat in the press conference alive and giddy, experiencing her greatest gymnastics competition ever at any young 14 year old would — on top of the world, all smiles, with her adrenaline still pumping at full speed. Diane had made the competition look easy, scoring a 9.90V, 9.90D and two 9.60s in BB and FX. Kathy sat beside her — quiet, reserved, thoughtful, tired and with the bag of ice on her foot. Hard work had brought each girl this victory but one felt that Kathy's dedication and Diane's definition of hard work were probably eight years apart. If no more, at least eight years.

Kathy Johnson's hard work has fought through injury, the continuing evolution of the sport and some say even her age is against her, still she remains one of the world's finest gymnasts as 1983 approaches.

Kathy Johnson walked into her first gymnastics gym at age 12. In the following ten years, she has captured the hearts of people from around the world for her artistic approach to the sport. At the 1976 World Championships in Strasbourg, France she was a part of the USA Teammate — Kurt Thomas won the gold medal in floor exercise finale, Marcia Frederick the gold in uneven bars and Kathy won the bronze in floor exercise. She also finished eighth in the all-around, then the highest AA placement ever for an American female gymnast in either world or Olympic competition.

Kathy's USGF Biographical sheet reads like a Who's Who of international and national competitions in the past seven years. She

Interview by Roe Kreuter and Ward Black



but traveled to almost every continent — Europe, Africa, South America and Asia. A few sensational competition highlights include 1977 American Cup Champion, two USA World Cup Teams, three USA World Championship Teams and 1989 USA Olympic Athlete. Kathy has been a USA National Team Member for seven years since 1976 her first year of Elite competition. In the Gymnastics of the USA she was the AA Champion in 1978, number up '77 and '81 and fourth in '79.

Currently, Kathy is living in Decatur, Georgia and teaching, coaching and training with Tom and Sherry Cook at the Atlanta School of Gymnastics. This past fall she has given many clinics including educational demonstration on balance beam at the USG Congress held in Fort Worth. At that Congress banquet, she was on the stage of ceremonies with former USA Olympic medalist Peter Krammer.

Kathy's interview began close to a year ago, and will be run in a two part series in the USG Gymnastics Magazine. The second part will appear in the January-February 1985 issue, and will include Kathy's thoughts on her future, about training and her concluding remarks about competition.

At the beginning when you first get into gymnastics, where do you receive your training and who were the people you have had an opportunity to work with? You have worked with some really good people.

On, I sure have. Well, when I very first started I worked with Jack Doppner and Andy Butler, volunteer coaches at a junior high school in Indianapolis. Honestly, I just went in to watch a practice with a friend actually, because their mother helped coach the team. They had me out on the floor and taught me a back handspring. These days that is about it not the first thing you learn. You really learn gymnastics basics. But I learned a back handspring the first day, and I have never left the sport since.

What kind of equipment was there when you first started lessons at the junior high gym?

We had uneven bars that were cast iron with the wooden rails you had adjusted by picking it up and adjusting it. A wood beam that made a left turn about half-way down. It was warped. No floor mats. We rambled on the wood floor or put out string burlap mats but then you stepped over them when you danced. No landing matress and a wooden board. We definitely did not have the best equipment, but since I didn't know any better it seemed great to me.

We saw earlier you began gymnastics at age 12. Continue about those first years.

I trained in Indianapolis for about a year and a half or two years before I progressed into another type of program. In the beginning though, we had never heard of compulsories. We competed but only options and we competed five events, rambling was one of the events.

Then I went to a summer camp, and that was my first taste of small real gymnastics. I was on good equipment for the first time in a way, it spoiled me because that I had to go back to my junior high and all the tricks that I had learned at camp I couldn't do on their equipment. I had learned a back in the summer. I did it off our old uneven bars at home — the bars jumped up with me. When I started summer camp I had planned to stay a week. However, the coach there, Fred Marquise, talked me into staying the full summer, the full four weeks. He told my mother "she has some terrible basic habits," and he wanted to totally start me over. I was just in tears. Here I had learned all these tricks and I had gone to camp thinking I was going to learn twisting and turning and all this and instead he took me back down to the basics taught even before forward rolls. He said I had no idea of what my body was suppose to do so he taught me what I would call "pure technique." Which has been the basis of my training ever since. I always go back to what he taught me at the beginning.

Then for about a year that is all I did. I wasn't allowed to flip and twist — unless he wasn't looking, sometimes I would sneak a

flip in here or there. I finally understood what he meant. If I learned these basics and got them perfect then I could learn anything I ever wanted to do. I could learn them by myself.

I would have the know how and be able to analyze the most difficult skills imaginable and be able to break the skill down and learn them. And he was right, one key to gymnastics is basics and learning through progressions. I still go back and use all that he taught me to breakdown a skill to learn a new one or improve the skills I can already do.

Where was it that you worked with coach Marquise at summer camp?

That was in Atlanta. After that summer, I would come up to Atlanta once a month and work out with him for a few days and then I would go back home to Florida. I couldn't really work out. We just went in the gym and played and did tricks and things.

At that time I started competing in the USG system. He sent me to Sandy Phillips in Gainesville, Florida to learn the compulsories. I learned them two weeks before my first meet. It was really strange. I went to the meet and people thought, "You look exactly like Sandy Phillips in compulsories." She taught me the compulsories the way she would do them.

I barely qualified for the state meet, but at the state meet I qualified for regionals. I went on to regionals and my coach couldn't even go with me. He had things that kept him in Atlanta. In a way he wasn't actually my coach, I didn't train regularly with him, so my parents took me to regionals.

When did you start thinking about training towards the elite level of competition?

I was 15 years old. The regionals had been a very rough competition. It really devastated me. I just had never known defeat like that. But when I came home we decided to go on and try for Elite.

Mr. Marquise said that learning the Elite compulsories might seem like you're really jumping the gun, but the Elite compulsories are there you, especially the bars. The dance in the compulsories at that time was my strong point. So I said, "Ok, what'sElite?" I didn't even know what it was.

I learned the compulsories and at my first state meet I didn't qualify, but I was very close. That kind of set my whistle and I qualified in the next state meet. Then I was injured for the first national qualifying meet. — and this is all in my first year. I went on to the Championships of the USA and qualified there. We had a masters track then, we don't have that now. I qualified there.

Each time that I qualified it was by the skin of my teeth. I was the next person down to the cut-off. Somehow I found my way to the 1976 Olympic Trials in my first year. All that first year I had never seen any of the top level gymnasts. They were already qualified and I just heard about them and read about them in my gymnastics magazine.

When I got to the Olympic Trials all of a sudden there they were. I was an awe to say the least. And the time to be in awe was in the warmups or in the warm-ups. So instead of warming up and getting ready for the meet, I sat with my mouth just hanging open and looking at Kim Chock and all the other people. I would be next on beam and I wouldn't go because I didn't want them to look at me. So I'd say, "go ahead and go."

It ended up that I didn't have a warm-up. The first day in compulsories I finished 22nd and there were 25 gymnasts in the meet. Next day to options I was comfortable. I had been doing them longer, and I finally settled down and refined these are real people just like everybody else I was doing in options. And the judges are saying, "Did you compete yesterday?"

This moved me up to about 9th or 11th and I knew I was in shooting range then, which kind of scared me. An Olympic Team, what would I do? I made it! We competed compulsories a second time, and I did a little bit better job. I went down to 12th and then after the second round of options, I ended up around 11th or 12th.

It all came so fast. All of a sudden I was an Elite and there was no turning back. I guess I learned to handle it better than I was

heading it there at the Olympic Trials. Because the following year I won the first national, and then was chosen to compete for the USA at the American Cup at Madison Square Garden in New York City I was riding a cloud the whole time I thought, this is great! This is the way it is going to be for the rest of your life, but unfortunately I was mistaken.

You won the All Around Championship at the American Cup in 1977, and later on finished second at the Championships of the USA and won floor exercise. In the fall of '77, you were named the Gymnast of the Year at the USGP Congress in Memphis. How were you chosen?

You are going to have hard times just like everybody else. It was right after the Olympic Trials that Fred Marquis moved to Colorado, and we had felt that was too far for me to go. At the Trials we had met Yankee Edwards from Shreveport, Louisiana. Mr. Edwards talked to my parents and then said to me, "Why don't you come to our summer camp and give the place a try? See if you would like it? You'd be in a tennis situation."

I had never been on a team or worked out with other gymnasts. So I went out to summer camp and fell in love with the place immediately. You know, I was finally back with girls my own age whereas before I was kind of isolated. I didn't even go to high school the last part of my junior year in order to train for the Olympic Trials. I decided to stay in Louisiana and I was there for 5 years. Mr. Edwards was right. The team idea helped me tremendously in learning to work with a team. But after 5 years there, I guess I had more or less a stale point. For what I wanted to do in gymnastics I needed more of an individual training situation rather than a college team. To make a national team and to make a World Championship Team, you have to make it individually. Once you make the team then it's the team concept and effort. It's individual too, but your first responsibility is to concentrate on the team. I didn't really want to leave. I just wanted to stay put. It was scared that if I left, I'd just go home and quit. That wasn't what I wanted to do. Many people suggested I go to Ted Sautin in Chicago, you need brushing up on your technique and all this.

At that time I thought, right now I am not able to make decisions, so I am going to trust everybody and if they think this is the best, that's what I am going to do. I went there and trained for about seven or eight months and they were right. He was right up there in technique and the training was what I needed.

Is it around this time that your gymnastics took a negative turn?

I needed gymnastics training, but unfortunately at the time, emotionally and mentally I needed something else and worse I had to get it there in Chicago. I was more or less like a stranger. I didn't know anybody, and Chicago is a different kind of place from what I am use to. After a while Bill and I sat down for a long time to talk and decided I needed to go some place where I could just learn to feel comfortable in gymnastics again and learn to love it again. I had lost my love of the sport for a while. Gymnastics had become just something I did physically. And that's not the way I do gymnastics, I have always done it with my heart.

When my heart is broken I might as well have a broken arm or a foot. I couldn't do it and it was becoming worse and worse. Each day I felt like I was losing something else, and it was affecting my gymnastics physically even. I felt like I just couldn't do this any more.

I finally realized what I had to do was go back and get that feeling again, of why I started gymnastics. Why I dreamed about gymnastics in the first place. I decided to come back to where my roots were, back to Atlanta.

Coming home I felt really good. I was with people who knew me in the beginning and knew the split I had, which at the time was a little broken. I went back to Atlanta and tried to let people help me fix that. And also again be myself. I had to get out from under everyone's. I don't want to say scrutiny, but in a way it was true why they were all saying she's going to be myself. She's finished washed up, and I believed them for a while. But once I got back in the gym I



photo by Bill Johnson

In 1978 at the World Championships in Strasbourg, France, Kathy Johnson won the bronze medal in floor exercise.

learned that I still loved gymnastics. I was just associating some bad things that had happened through the sport, not because of the sport. I had to make a division between those and realize it wasn't gymnastics that was hurting me.

I finally came to that realization, and it wasn't an overnight thing at all. I thought I'm going to Atlanta, my problems are solved. I'm fine. But it wasn't. It was a lot of work. It was the usual across that helped it. I knew I was doing something about it, instead of just sitting up there in Chicago just losing it all. Now I have been there in Atlanta for about two years with Tom and Betsy Cook.

Competition. In competition, Kathy Johnson is perhaps at her best. Some feel that your seemingly strong competitive will is your key to success. How did that develop?

My first international competition was at the end of '76, I went to South Africa. It was very good, because I had a good experience representing out of the country. My next international competition was the American Cup and again, I had a good experience. So right off the bat, I knew this international stuff was for me. I liked it!

My first few times out of the country was not something more than I could handle, so I wasn't going to go out and meet with failure. I don't mean real failure, like in losing or anything like that, but I looked around at the gymnasts and I said, "Hey, I belong here."

I can compete with them at their level. And each time I compete the level of gymnastics get higher and higher. And so I

got better and better. I knew each time out I had to be that much better, and so again, it was a ladder which was good for me and I am thankful for that. Most of my beginning competitions were invitational. I went the Romanian Invitational and the NHK Cup in Japan.

I qualified for the USA World Championships Team in '78 and competed in France. Which was an extremely good experience for me. That was my first real world meet, and I looked around and said, "Hey, I belong here!" I felt like I had stuck my foot in the door, now it was just a matter of getting the rest of me in there.

You show a lot of emotional expression as a performer in competition.

I think what has really helped my gymnastics most is going through the pains and the lows and the ups and the downs. Because of gymnastics and performance of any kind of exercise, what makes a really beautiful routine is the contrast of the movements. The highs and the lows, the fasts and the slows. These big contrast in the movement comes through experience. My brother started at the best I had never really thought of it, but it was also the same in Snowmass, France where I won the bronze medal in floor exercise. He wrote me a long letter after that meet and said there's probably nobody else in the world that saw this when they saw your floor routine. But what really made the routine for him was that he saw everything I had ever gone through in that one floor routine, in a minute and a half. He said, "I saw extreme pain and happiness and joy and grief all in one floor routine." When I read that letter I just broke into tears, he has seen it. He has seen through it. Because nobody ever listened to me. I always had a story in my floor routine. The story was always changing, along with my gymnastics. And he actually saw that pain in the routine. Nobody else would have described it as that. It didn't look like I was in pain, but through expressions of body movement, he could see it and it all accumulated into a performance.

When you were growing up what were your gymnastics goals for competition?

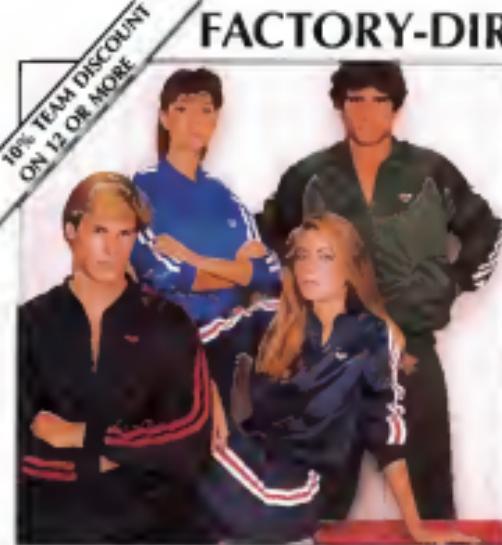
From day one I wanted to make the Olympic Team. When I started I had it in my head that I wanted to be the best that ever was. I remember that being my wish, every time that I had a chance to make a wish that is what I would wish. I guess all little kids are like that when they start out.

You are 22 years old competing in a sport say you are too old. For The average age of the '81 USA World Championships Team was 16, you were then 21. However, Yaoou's Manu Fabre is very close to your age, and many of the top Chinese girls are over 18. You have developed and maintained a very high level of competition over many years, has your age and the extra years been helpful?

I remember when I was 16 and just getting started and wanted so bad to make the team and go compete. I looked around at the top level gymnasts and they were at a point in their careers where they were getting tired. I remember thinking, gosh how can they be tired of this? They are on top, they are doing this and they are doing that and they are talking about retiring. They haven't even gone to the Olympics yet. They just made the Olympic Trials, and they can't wait until the Olympic Games are over so they can retire and rest. And I just thought, how can they feel that way?

Now I understand how they can possibly feel that way. But, there is more beyond that. It is like you have to get over the hump and all it is really is reestablishing new goals in your life, realizing there is more you can do and more to accomplish. All I can tell the younger kids is it is different now than it ever was. I have always had fun in the past, but now it is more than just fun. I am storing up memories and experiences that will be with me for the rest of my life and they are just unbelievable. You learn so much about yourself, that sometimes it is scary, realizing how much strength

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you possibly can have. I am not talking about muscular strength, I am talking about inner strength. When you can reach in and call on your reserve, when you don't think you had it. Whereas a couple of years ago I would have sworn I didn't have it and would have just said stop! Each time out you realize you have that, and you build that inner strength and can keep going on its positive effects.

What were your feelings about last year's World Championships in Moscow?

I have a lot of mixed feelings about that. I overcame a lot to compete there. Making that team was about the toughest thing I ever did in my life. I had a slight back injury. It wasn't anything major. My back just decided to act up four days before the meet, the trials. I didn't work out at all. Most of it was because of my back, but then the last couple of days, it was like I had given up. I was upset with myself for giving up. But still after everything was said and done, part of me wouldn't give up. Fortunately, it was the strongest part of me. It said, there's no way you're going to throw away what you've worked so hard for and the thing you love the most. You know because you're feeling down this last week. So all through the meet, I'd keep having to remind myself, okay it is a tough okay you're not quite ready, but you can't give up. Because if you don't make the team and you give up, then you're not going to be able to live with yourself. I knew I had to give it my all. I barely made the team. I actually didn't make the top six you know that I knew I had a long road ahead of me before the World Championships. If they were going to compete me, it was going to be because I should, because I can offer something to the team. I had to overcome some pressure during the meet. I felt like if I measured up, then someone else should have competed. But all throughout preparing for the World Championships, when it came down to it, I wouldn't have allowed the coaches to compete me in place of one of the other girls. If I knew I did not deserve to compete,

The trials for you were very difficult. It was obvious you had trained extremely hard for Moscow. Finishing second (25th AA overall) for the Americans in World Championships, you certainly did not job there. You had many obstacles to overcome during that whole situation. Your inner strength showed during that period of time... you really had to dig down deep.

It's those times and those obstacles that make you stronger. If you do overcome them, you're stronger next time out. Each time gets better and better, you get stronger and stronger, and you prove something to yourself. I can do this, I can handle it. Even though at the time you think there is no way in the world I don't know how many times I told myself this is the last straw. This is the last obstacle. I cannot get over this one.

The first thing is conquering any obstacle is that first step. You've just got to plough into it. I get better and better about doing that instead of putting it off and just saying, hey, I can't do this again. I know I can. It's just a matter of getting started.

Last season there were many international competitions. Now do you think the international circuit is right now a big mistake? You have been doing international gymnastics for a long time. How would you say it compares with what's going on in the world right now to what was going on a few years ago?

Every meet changes you about. That's one of the things about gymnastics, as it grows. The international competition is what I strive for, that's not it. I live to go gymnastics and see what the rest of the world is doing, and to see girls under the same situation that I am in, who are in impressive situations, and to see how they handle situations. The trend of gymnastics — I have seen it go in all different directions. For a while there we had all the little young kids just flopping and twisting doing these dancing tricks, some times scaring me because there were some terrible crashes. Then it seemed all of a sudden it was realized there was more to gymnastics than just doing a double back or a full twisting, double back, or risking my life on these things. Gymnastics smart, and they began to get into that more and express themselves. It is not the trick that



Photo by Rich Sorenson

The grace and elegance of Kathy's floor exercise routines has been enjoyed by audiences around the world.

shows what you are as a person, it is not just the dancer either. It is the way you carry yourself on the floor and the way you handle situations, as well as the way you dance and perform.

In other words, you are saying you feel that the world trend is coming back to elegance.

May be I am just saying that because I hope that is where the trend is heading. I mean I do it want the sport to not keep growing in difficult skills and combinations that are good either. You're gen-



With Kristi Yamaguchi she was a coach for three years with Valerie Edwards in ditcher London.

to keep evolving in that direction. But the grace, the elegance and the artistry has to grow in proportion to that. And I think we are starting to get that back into proportion.

AMERICAN INFLUENCE *From p. 81*

with a past and dimension similar to that which greeted Vietnam veterans in the postwar '70s. The vicious lives have been友谊ally altered, but nobody wants hear their stories. They are reminders of something their countrymen would rather forget.

Marius Frederick won't forget. "I really didn't think it would happen," she said. "It was like having a brick wall at 100 miles per hour. I was hungry, ready to go. For nine years I had trained and I was stopped by a President signing a piece of paper. I was sad and let the world know. I thought I was really cheated. My dream was to win a gold medal in the Olympics. I was better in '80 than I had been when I was in '78. I had twice as much confidence, was stronger and had better techniques and style. All of the sudden, I didn't have a chance to prove it. That's all that in the sport is a sport."

"Mentally, I recovered after the Olympics, but no one ever accepted the idea. Everyone thought I was something that would go on forever. People talked about '84, but that was four years away. I couldn't even make it two months."

\$1,000 a Night — Frederick participated in a few competitions after the Olympic disappointment, retired from amateur competition, then came back last winter for the pro tour. She made \$10,000 a night for 18 appearances there, quit while in St. Louis in February.

"My parents came to see that last show," she recalled. "They didn't like the idea of me stopping, but they didn't throw me out of

Reflecting over the last year and all, some really good things have happened. Good strong competitions that you have had and where the USA Team has done well. The enthusiasm the team has now towards the future seems very positive. How would you evaluate our USA National Team last year?

We have come a long way in terms of "team." For so long when I was a member of a team it was just called a team for the sake of calling it a team. What it was, was a group of individuals doing their own thing.

Now, I think we are defining ourselves as a team, and each individual is saying, how can I best help myself and the team. That is what has made the main difference, and that has to do with the national coaches (Don Peters and Rose Kreutzer) livecast this meet (2nd Elite Nationals), that was totally individual qualifying for the Championships of the USA. I still looked at it in a team atmosphere. When we were in beam finals, we had so many good beam routines Gina Statton and Michelle Goodwin and myself, and I thought, hey we're building a solid American beam team. Finally we are building a beam team and I went up to Gina and I said "just like Moscow" (the USA Team was 100% optional). You begin to think not only am I competing in finals, but we're working towards something — something much greater. And when we go over and compete as a team at the World Championships or an Olympics, we're going to hit as a team.

I know that when I compete for a team, it's like ... well in France, it was on beam and in the team competition. When I went on that beam for our team, you couldn't have pulled me off the beam to make me fall. I thought this is for the team and it's not just me. It is for all five of those other girls down there, it's for our country overhere competing in Europe and I didn't fall and I didn't only super job. I scored 9.8 or something and I was satisfied.

Then the next night it was for me, and I had a slip off the beam I thought, how come I could do it for the team, but I didn't do it for me? You have this extra little bit of drive for the team and then you have to learn to make it carry over. Because you are just as important as well.

You've been on all of the World Championship teams in the last five years. What consists can you draw between them?

They have all been very different. However, they were different from my point of view, because I was different. I was coming from a different situation and a different point in my training and in my own maturity. I don't think the competitions were all that different, but I was. The way that I approached and evaluated each competition was very different in a went from '78 to '79 and then to '81.

the house, either. They stood behind me — questionably. Financially, it was the wrong move, but money's money, and money couldn't motivate me."

In the summer of 1982, Maria Frederick is a part-time aerobics instructor, drives a 1980 Suburban (her fifth car) and plans to attend college in the fall. She lives at home with her parents, sister and dog, Charlie. She spends a great deal of time with her boyfriend, Peter Blaschke.

"We have a trophy room at home you wouldn't believe, but it has to go in there because I didn't fulfill my goals. I feel like there's a gigantic, quiet cloud over my head. My father brags about me still, but not as much."

With six months of tenacity left, she knows there are things gone by that will never come again.

"The year I noticed things at graduation time. I missed all the proms and dances and going out with the boys and the girls and all that stuff." Sounding wistful and somewhat unconvinced, she adds. "But I also know that those people don't know the feeling of walking along the Great Wall of China, eating in Paris or going to lunch with Sarah Jessica."

Sad, but true. The Wall, the Louvre and Hollywood Boulevard always will be there, but a young woman's senior prom happens only once.

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CALENDAR

Information of events follows. Major in-changes always research latest issue of this magazine for updated information.

December 3-5	Four Continents Skyscraper Championships Auckland, New Zealand	April 16 "Eversholt Cup" Eugene, Oregon	August 14-27 Pan American Games (men & women) Caracas, Venezuela
December 8	Italy's International Championships (men & women) Milan, Italy	April 21-23 "USA vs USSR: Dual Meet (men & women) Los Angeles, California	August 25-28 1984 International Gymnastics Invitational (men & women) Los Angeles, California
December 10-12	1st Zone Meets (Zone meets can be one week earlier or later) TBA	April 23-26 Board of Directors Meeting Fort Worth, Texas	September 16-17 "World Championship Trials Trials (men) TBA
December 11-12	Coca-Cola International (men & women) London, England	April 29-30 Class 1 Eastern/Western Championships Various Sites	October 6-9 USGF Coaches Congress Washington, D.C. area
December 17-18	USGF Single Elimination Tournament Reno, Nevada	April 29-30 World University Games Trials (women) "Colorado Springs, Colorado	October 14-15 1st World Championship Dual meet TBA (Western Europe)
December 26, 1982-January 6, 1983	Junior National Training Camp (men) Colorado Springs, Colorado	May 1-7 Hospital Games 3rd Ave., Inglewood	October 23-30 World Championships Budapest, Hungary
January 7	USA vs Japan (Junior) Men Colorado Springs, Colorado	May 6-7 "USA vs China (men & women) Northern California	November 2-10 FIG Congress Brussels, France
January 13-15	1st State National Qualifying (women) Colorado Springs, Colorado	May 12-16 Junior Olympic Nationals (women) "Colorado Springs, Colorado	November 10-13 Bijouettes World Championship Strasbourg, France
January 18-25	International Friendship Meet (men & women) Bangkok	May 13-14 USGF Men's State Tournament TBA	December—TBA USGF Single Elimination Tournament Reno, Nevada
February 5	Concord Palace Invitational Las Vegas, Nevada	May 19-21 2nd Elite National Qualifying (women) "Colorado Springs, Colorado	December—TBA 1st Zone Meets Reno, Nevada
March 4-6	Grand Prix Invitational France	June 2-5 Eurasia Gold Cup The Hague, Holland	January 1984—TBA 1st Elite Qualifying Meet TBA
March 5-6	McDonald's American Cup New York, City	June 5-9 McDonald's Championships of the USA (men & women) Chicago, Illinois	March 3-6 McDonald's American Cup
March 11	International Mixed Pairs Jacksonville, Florida	June 20-23 USGF Junior Olympics (men) Eugene, Oregon	March 9 "International Mixed Pairs
March 19-20 or 26-27	Class 1 State Championships (women) Various Sites	June 24-July 3 National Sports Festival (men & women) Colorado Springs, Colorado	April—TBA NCAA Men's Championships Los Angeles, CA
March 24-31	Junior Spring Training Camp (men) Colorado Springs, Colorado	June 27-July 3 Junior Summer Training Camp (men) Portland, Oregon	NCAA Women's Championships TBA
March 26	USA vs Russia—Dual Meet (men & women) Montreal, Quebec	July 4-August 1 Senior Training Camp (men) Colorado Springs, Colorado	April—TBA 2nd Elite Qualifying Meet
April 1	USA vs Canada (Junior) Men Colorado Springs, Colorado	July 3-11 World University Games (men & women) Edmonton, Alberta, Canada	May 17-19 McDonald's Championships of the USA (men & women) TBA
April 7-9	USCA Women's Championships Salt Lake City, Utah	July 16-23 Junior Development Camp Colorado Springs, Colorado	June 15-16 Olympic Trials TBA
	USCA Men's Championships Shore College, Pennsylvania	July 29-30 "World Championship Trials Trials (women) TBA	July 28 OPENING CEREMONIES—1984 Olympic Games Los Angeles, California
April 15-17	Class 1 Regional Championships Various Sites	TBA—To be Announced	July 29-August 5 Olympic Gymnastics Competition Pauley Pavilion, UCLA Campus

TBA—To be Announced

*Indicates, either because of sanction agreements or television negotiations

**The World Championship Trials times and dates will be finalized pending television negotiations or sponsor guarantees

USGF ATHLETES' FOUNDATION

I. INTRODUCTION

Because of the nature of the Amateur System, athletes often times have opportunities to make appearances or perform in events for remuneration. Inasmuch as the Federation of International Gymnastics (FIG) the United States Olympic Committee (USOC) guidelines permit the payment of monies to an athlete through his or her National Federation, and only with certain definite guidelines, the purpose of this policy is to establish procedures for the payment of monies to an athlete.

II. THE FIG FOUNDATION FOR AMATEURISM (FIG — Article 18)

- B. Expenses incurred for competitions by their respective affiliated federations must be submitted according to the FIG rules and the relevant rules of the International Olympic Committee (Rule 28).
- B. They may accept prize money in the respective rules of the IOC (Rule 26.1 and 6) for a limited period according to the Technical Regulations of the FIG.
- C. A competitor may accept prizes to a maximum value decided by the Executive Committee of the FIG.
- D. Publicity expenses are governed by special regulations of the FIG for the Olympic Games and World Championships. It is necessary to comply with the rules of the IOC (Rule 26).
- B. Basic grants using part in a competition or exhibition events for which he or she is paid immediately have less to his/her insurance status. If he or she participated in a competition or other event with professional guarantees, he or she will likewise lose his or her insurance status.

III. THE AMATEUR RULES OF THE INTERNATIONAL OLYMPIC COMMITTEE (IOC) By law or Rule 26

- A. A competitor may
 - 1. Be a physical education or sports teacher who gives elementary instruction
 - 2. Accept during the period of preparation and send compensation which shall be less than the value of each international. Full expenses.
 - 4. Athlete administered through his or her National Olympic Committee or National Federation the costs of food and lodging, costs of transportation, poster money to cover incident expenses the expenses for insurance coverage in respect to accidents to minor personal property and liability by the purchase of personal sports equipment and clothing the cost of medical expenses, physiotherapy and authorized coaches
 - b. Compensation — authorized by his or her National Olympic Committee or National Federation in case of necessity to cover financial loss resulting from his or her absence from work or basic occupation on account of participation in the Olympic Games or participation in the Olympic Committee's international sports competitions to those circumstances and payment under this provision not exceed the sum which a competitor would have earned in his or her work on the same period. The compensation may be paid with the approval of the National Federation or the National Olympic Committee in their discretion.
- B. A competitor must not
 - 1. Be or have ever been a professional athlete in any sport. To have entered less a competitor in any sport and prior to the official start of the Olympic Games.

- 3. Have allowed his person, name, picture or sports performance to be used for advertising except when his or her International Federation, National Olympic Committee, or National Federation enter into a contract for sponsorship or equipment. All payments made to outside of the International Federation, National Olympic Committee or National Federation concerned and not the athlete

- 3. Copy advertising material on his or her person or clothing in the Olympic Games, World or Continental Championships and Games under the aegis of the International Olympic Committee other than those made on restricted expenses or clothing as agreed by the International Olympic Committee with the International Federation.
- 4. Have acted as a professional coach or trainer in any sport

IV. UNITED STATES OLYMPIC COMMITTEE'S POSITION ON AMATEURISM

- A. The United States Olympic Committee allows the ratio for amateurism for a National Governing Body as governed by the International Federation in that sport (IOC) and FIG. As a consequence, the above ratios are the sole guidelines available to the United States Gymnastics Federation for determination of eligibility.
- B. Pursuant to the decision of the International Olympic Committee Rule 26 (see above) a competitor may receive legitimate training expenses to keep up those expenses are governed by the National Governing Body. The activity of any kind now to be governed by the National Governing Body in order to protect the eligibility of the amateur athlete. An athlete must not under any circumstances have assistance for his personal expenses in sports performance to be used for advertising with one exception: the exception being that the athlete with the IOC, the US Olympic Committee, the US Gymnastics Federation or the Federation of International Gymnastics (including authorship) arrangements that might exist.
- C. If the athlete or the athlete's coach makes an independent arrangement allowing use of his or her sports performance, eligibility for amateur status is clarified in this case.
- D. It is the aforementioned reasons that the establishment of the USGF Athletes' Foundation is necessary.

V. USGF ATHLETES' FOUNDATION

- A. In order to come into compliance with the dictates of the parent organization (i.e., the International Gymnastics Federation, the United States Olympic Committee), the United States Gymnastics Federation has established an Athletes' Foundation to prevent the financial activity of increasing income generated by athletes through activities which have been approved by the United States Gymnastics Federation. These activities may include, but not be limited to exhibitions for which an honorarium is paid, use of athlete's name, photograph or personal appearance to publicize a competition or exhibition appearances on television talk shows, to movies or other performances to magazine for pay in a grammar school, to benefit of an athlete, to be used for existing purposes by foundations, institutions or philanthropic individuals or an athlete or other similar sources of revenues.
- B. Financial Training Expenses Training expenses which are allowable for the athlete to withdraw from the USGF Athletes' Foundation include the following:
 - 1. Full compensation for travel in training and to competition sites by train, air or other modes of transportation.
 - 2. Full reimbursement for accommodation during training and competition.
 - 3. Hotel money and per diem expenses related to participation in USGF sanctioned and related events.
 - 4. Compensation for loss of income during periods of training and competition. The amount must not exceed the sum which the competitor would have earned in the same period.
 - 5. Social benefit — including insurance also covering accident or illness in connection with training or competition.
 - 6. Scholarships
 - 7. Gymnastics related coaching and membership fees.
 - 8. Gymnastics related equipment and apparel
- C. The USGF Athletes' Foundation may accept funds to assist a USGF athlete in education and financial support after becoming a full-time, active amateur gymnastics competitor. The gymnast has no legal claim to these funds which shall be the personal only according to the judgment of the Executive Director in the USGF or their duly appointed Executive Committee.
- D. In light of the USGF Athletes' Foundation will be considered annually for an independent to offer in connection with the annual reorganized audit. Information will be made available upon request to the International Olympic Committee, the International Gymnastics Federation or the United States Olympic Committee.
- E. Procedures for Upgrading the USGF Athlete Foundation
 - 1. Upon being contacted about the potential for a relationship with a commercial cost which will yield compensation to the athlete, the athlete or his parent or legal guardian should contact in writing the Executive Director of the United States Gymnastics Federation outlining, as far as possible, the arrangement.
 - 2. The Executive Director will acknowledge receipt of the letter and send a copy of the policy to the parent or additional guidelines for payment for monies for the USGF Athletes' Foundation by the commercial entity.
 - 3. When the athlete is in need of legitimate training expenses in excess of the amount of the IOC policy to the parent or additional guidelines for payment for monies for the USGF Athletes' Foundation by the commercial entity.
 - 4. When the athlete is in need of legitimate training expenses in excess of the amount of the IOC policy to the parent or additional guidelines for payment for monies for the USGF Athletes' Foundation by the commercial entity.
 - 5. At the end of the athlete's career a declaration from the athlete if 21 years of age or older or from the parent or legal guardian if younger than 21 years of age according to information from senior athlete must be sent to the Executive Director's Committee on page 59.



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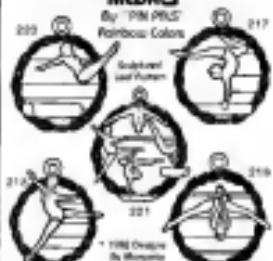
office. Upon receipt of the proclamation of retirement, the Executive Director will authorize the payment of the balance of any funds or savings in the address' foundation in the name of that address to be forwarded to the office.

12. Retaliation

1. A committee, drawn from the Board of Directors of the United States Gymnastics Federation, will be appointed to review the actions of the USGF address' Foundation and emphasize on the part of the offices in the USGF.
2. If it has been determined that a violation of the eligibility statues of the IOC, USOC, FIG or USGF has taken place, the office will be notified in writing and summoned to a hearing to review the charges levied concerning the alleged violation. The office may be represented by legal counsel according to the Amateur Sports Act of 1978.
3. If it is found by the Executive Committee or their designated sub-committee that a Retaliator has taken account, a penalty will be assessed to the offices ranging from suspension from competition to revocation of the right to compete as an amateur depending on the severity of the violation.

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RHYTHMIC GYMNASTICS —1984 OLYMPIC GAMES SELECTION PROCEDURE

I. QUALIFICATION

- A. Qualification in the National Championships is through State and Regional Championships events.
- B. The 1983 World Championship individual event participant will gain an automatic berth to the National Championships.
- C. Based on the All Around scores from 1984 Rhythmic Gymnastics National Championships, in rank order the top eight (8) gymnasts will qualify to the Final Trials.
- D. The 1984 Rhythmic Gymnastics National Championships will take place in the spring of 1984.
- E. Retirees in excess of the Final Trials will be accepted with regard to injury or representing the USA in an international competition during the same time period at the National Championships. Retirees are listed as the top two (2) internationally ranked gymnasts only.

II. 1984 TRIALS

- A. The Final Trials will take place in June, 1984.

- B. Competition at the Trials will be All Around Competition.

III. TEAM SELECTION

- A. The All Around score from the National Championships will cover 40%, and the All Around score from the Trials will cover 60% in determining an individual's overall final placing.
- B. Based on the conditioned All Around scores from the National Championships and the Trials (as stipulated above), the top three (3) gymnasts (rank order) will be selected to attend the Olympic Games Training Camp.
- C. The current rank order after the Trials may be changed to the selection of the three (3) gymnasts who will compete in the Olympic Games under the following conditions:
 1. Injury affecting performance.
 2. Failure to make and observe training rules concerning diet, weight gains, rest, practice schedules and needs as assigned by the Head coach and staff.
 3. Changes in position on the team will be subject to the approval of the Rhythmic Gymnastics International Program Committee.
- D. The 1984 Summer Olympic Games will take place from July 29-August 12, in Los Angeles, California.

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WOMEN'S ARTISTIC GYMNASTICS

—1983 WORLD UNIVERSITY GAMES

SELECTION PROCEDURE

1. QUALIFICATION

- As an order of entry in the World University Games (WUG) Trials, the collegiate gymnast must be registered as a full time student in the 1982-83 NCAA competitive season she would compete the NCAA season and compete NCAA Championships.
- NCAA Championships are scheduled for April 8-9, 1983 at the University of Utah, Salt Lake City Utah.
- Gymnasts will advance to the Final Trials based on the following:
 - Top ten (10) Division I gymnasts in men's order based on the 1982 NCAA Open Championships.
 - Up to ten (10) "wild card" gymnasts from any collegiate program by position. This includes:
 - Gymnasts from NCAA Division II and III.
 - Gymnasts from National Association of Intercollegiate Athletes (NIAA).
 - Gymnasts from National Junior College Athletic Association (NJCAA).

- 1982-83 graduate students who are majoring eligible for the NCAA.
- MEAC Division II and III, NJCAA and NIAA gymnasts' scores will be derived from their AA score to their respective 1983 Championships.
- Gymnasts and gymnasts who do not compete in a collegiate program must derive their scores from the USOF 1st Zone Qualifying Meet and the USOF 1st Elite National Qualifying Meet.
 - The 1st Zone Meet will be held for each region on the weekends of the following: 3-4, 10-11, or 17-18, 1982.
 - The 1st Elite National Qualifying Meet will be held in Colorado Springs. Competition on January 15-16, 1983.
 - Gymnasts competing there should also obtain qualifying scores for the purpose of obtaining a score for the WUG Trials when done so in their home state. State amateur gymnasts will compete optional movement only.
- Gymnasts invited to the MEAC Championships by competitive position based on 1982-83.

- All performance for optional or forced skills the tenth (10th) place AA score from the NCAA Division I Championships.
- Permit to participate in the Trials will be awarded based on the gymnast's most recent past performance (i.e. previous collegiate national, semi-national, or international competition).
- In the event that there are insufficient participants to fill up to 15 (minimum) positions issued on the USAC's 1983 National Qualifying Meet, the remaining AA scores from the 1982-83 will be included in the trials.
- Final positions may fill the entry up to a maximum of twenty (20) competitors.

2. TRIAL TRIALS

- Stakes (10) men's (20) women's as referred above will qualify for the Final Trials.
- The Trials are scheduled for April 9-10, 1983 at the USOF Training Center in Colorado Springs, Colorado.
- Competition at the Trials will be optional All Around Competition.

3. TEAM SELECTION

- The USA WUG team will be composed of the top ten (10) placing gymnasts at the Trials, based on the All Around results in each order.
- A gymnast on the USA WUG team will be replaced only due to injury or non-competition with WUG/USOF competition and training replacement.

4. TEAM SELECTION

- The all around scores from the Championships of the USA will consist 40% and the All Around scores from the Trials will consist 60% in determining an individual's overall placing for Pan American Games.
- Based on the combined All Around scores from Championships of the USA and the Trials (as explained above), seven (7) athletes in each order will be invited to participate in the Pan American Games.
- All-around reserve gymnasts will be selected whenever they will not exceed the Pan American Games.

5. TEAM TRAINING

- Training camp will be organized for the team members.
- The Pan American Competition exercises will be completed at the Pan American Games.
- The Pan American Games will take place in Caracas, Venezuela from the 14-25 of August, 1983.

- Preparing comprehensive reports of the activities and camp times of the U.S. team during the coach's tenure.

6. THE TIME TABLE FOR THE SELECTION PROCESS IS AS FOLLOWS:

- All applications must be received in the USOF Office by February 1, 1983.
- The reviewing process will be completed by February 15, 1983.
- Applications are to be sent to:
Body 800
National Women's Program Coordinating Secretary
Gymnastics Federation
P.O. Box 7046
Fort Worth, Texas 76113

WOMEN'S ARTISTIC GYMNASTICS

—1983 PAN AMERICAN GAMES

SELECTION PROCEDURE

1. QUALIFICATION

- Qualification to the Championships of the USA, 6 through the 1st or 2nd elite national qualifying meets.
- The 1st National Elite Qualifying Meet is scheduled for January 13-15, 1983 at the Olympic Training Center in Colorado Springs, Colorado.
- The 2nd National Elite Qualifying Meet is scheduled for May 13-15, at the Olympic Training Center in Colorado Springs, Colorado.
- Based on the All Around Scores from the 1982 Championships of the USA (combined men's, women's and optional scores), the top twenty (20)

- Senior gymnasts will qualify to the Final Trials.
- The 1982 Championships of the USA will take place on June 3, 4, 5, in Chicago, Illinois.
- Permit to enter the Trials will be accepted with regard to injury, illness, or representing the USA in an international competition during the same time period as Championships of the USA.

2. FINAL TRIALS

- Competition at the Trials will be All Olympic compulsory exercises on the first day and All optional exercises on the second day. Final scores from the Trials competition will be determined from the combined total score of the eight (8) exercises.

THE 1983 USA PAN AMERICAN GAMES

WOMEN'S TEAM COACH

- The length of service will be for the 1983 Pan American Games period.
- The USOF Pan American Games Trials will take place in July 1983.
- The Pan American Games will take place from August 14-25, 1983 in Caracas, Venezuela.
- The main responsibilities will include serving as head coach of the Pan American Games training camp and the Pan American Games.
- Additional responsibilities will include:
 - Choosing an assistant coach with the approval of the USOF Women's International Program Committee.
 - Overseeing stations and personnel equipment.

- selection and filing in cooperation with the USOF office.
- Maintaining regular contact with the athletes to obtain a detailed report and assessment of mental and physical well-being.
- Maintaining regular contact with the National Women's Program Coordinating Secretary (Body 800) and the USOF Office.
- Reviewing USOF rules and regulations with regard to the conduct of the team members.
- Making recommendations to the WIPC and the USOF Office with regard to team preparation and travel relative to the Pan American Games and training camp.

GUIDELINES FOR CONTRIBUTING TO THE USGF TECHNICAL JOURNAL

Purpose of the Publication

The USGF Technical Journal is an educational publication which emphasizes all the United States Gymnastics Federation (USGF). It is an official publication. The USGF Technical Journal is designed as an instrument of transmitting the most current educational information in all aspects of education and coaching which would be applicable to the most focused sport of gymnastics — artistic, rhythmic, tramp, and Males Development. Behavioral and Sports Psychology, Muscle Physiology, Nutrition, Biomechanics, Sports Medicine, etc. — as well as pertinent technical information — Committee Meeting minutes and reports, survey institution changes in rules and policies of competition, etc. — to all our professional members in the quest to keep up with changes affecting our constantly changing sport. Presently the USGF Technical Journal is it's best for the Professional Membership. Its circulation is limited to the coaches, judges, officials, personnel, and educational system providers involved in the sport.

Preparation of Articles for Submission

Printed issues are another form of preparing articles for submission. In order to provide the most efficient streamlining through the submission and review process the following should be included in submissions:

1. An original type copy double spaced on 8 1/2" x 11" inch paper.
2. An abstract on a separate page, a short summary of procedure and explanation of study or article content (not more than 200 words).
3. A short biographical paragraph on a separate page of the author or authors accompanied by a small photo (2 1/2" x 3 1/2") of the author.
4. References on a separate sheet double spaced in consecutive order using Index Medicine style (author name — last name first, name of book or publisher, year, page numbers); journal references should follow same format (author, name of article, journal name, volume, page).
5. Duplicate of pictures and diagrams in figures (black and white unless used with sharp detail). Also include explanatory (papered) of pictures and diagrams on a separate sheet.

Photograph Release — A letter of release from any identifiable subject in photos that are included in the article unless the face or eyes are obscured. Letter should be signed by subject's parent or guardian.

8. 1184 page consisting of an informative title, author's name and complete institutional or professional address.

Guest editorials should be submitted following the same format for submission as listed, with the possible exclusion of numbers 2 and 4 of the above.

Submission of Articles for Publication:

Written articles will be accepted for review and possible publication in the following procedure. First the articles are sent to:

Managing Editor, Department of Publications
USGF
PO. Box 7886
Fort Worth, TX 76111

User's analysis of the article. In the USGF office, the research coordinator will review and forward article to the appropriate USGF Sports Advisory Committee members for review. On receiving their review copies of the article will go to the Managing Editor and Executive Director for final approval for publication.

If it is necessary for the article to be edited or revised in order to improve the effectiveness of certain sections it will be a wide variety level of readers. The author will receive the edited article prior to publishing for their approval.

All correspondence will be addressed to the Author submitting the article unless otherwise requested.

If the article or parts of it have been submitted and/or published by another publication, complete name and address of the source and publication should accompany the article upon submission to the USGF in order to follow proper procedure of publishing and to receive approval to reproduce the article in the USGF publication.

Request for Reprints of Articles

These requests should be made directly to the author.

USGF GYMNASTICS MAGAZINE DEPARTMENTS

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In order to continue in providing our readers with the most diverse and comprehensive information concerning the gymnastics community, we have expanded the magazine's coverage to include 10 different departments. These various departments will be a continuing series, however, each department may not appear in every issue. Your contributions to the following departmental topics areas will complete our original editorial articles and will benefit greatly those involved in the sport. The following are brief descriptions of each department. We look forward to your contributions. Please address such correspondence to:

Editor:
USGF GYMNASTICS Magazine
PO. Box 7886
Fort Worth, TX 76111

Contributors should include with their double-spaced typewritten manuscripts a short personal biography and a head shot photograph. Photographs and illustrations included should be in black and white, unretouched, descriptive, prints only, and a self-addressed stamped envelope for their return by mail.

LETTERS TO THE EDITOR: Your correspondence welcome and encouraged, and any address or topic, stories, opinions, or photographs from the magazine's readers and contributors concerning gymnastics history and/or future discussion. USGF programs and service etc.

USGF MEMBER ASSOCIATIONS: This department will publish historical, safety and competitive articles concerning the 18 member associations which comprise the USGF.

MARKET WATCH: Will attempt to cover the basic decisions needed for proper overall gymnastics development — flexibility, dance, nutrition, strength, etc. This series encourages a variety of viewpoint and "issues" discussions.

GYM EQUIPMENT: Features will concern equipment, maintenance, construction or evaluations to the fitness of the magazine for possible publication. Articles should be approximately 1000 words in length and should be concise of use and identifying solutions to problems areas. Write equipment is encouraged.

as a forum for individuals to exchange or "speak their piece."

MEDIA REFERENCE: Interest lies ever before, major and local newspapers and many magazines set covering gymnastics and games. These articles may enjoy whether relating to a set or Olympic competition, personality or special feature, send copies for consideration so as to be reprinted in the magazine. Include the name and address of the publication and the date the article appeared.

QUESTION ANSWER: Ask a question — any question — and we'll find it in depth answer. Who, what, where, when and why about history, competitions, coaching tips, athletes, coaches, judges rules, equipment, etc. The editor will seek out an authority to answer your questions.

GYMNASTICS PROFILE, PLACES AND NEWS: Who are the all and nothing, the dynamic, the dynamic, the best? Who was a special friend to you? What events are going to happen? What's new? What's new? Watch a black and white photograph or illustration with a 300 word description for possible publication.

The following Departments are a part of our Clayton mast head: — International, National, Sports Medicine, Innovative Safety Concepts, US Gymnastics Programs and Public Relations, Book Reviews, Teaching and Training, like Gym, Commentary and Talkfest.

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THE WINDS OF POLITICS



Photo by Ward Black

Two philosophies this magazine subscribes to include placing our primary focal point on photography and all which that encompasses, and in our overall coverage of the sport of gymnastics to try and polarize the trends which are constantly evolving. These trends include a wide scope from competitive strategies to routine composition and from sports medicine to safety and even to legalism in our advertisements.

For this issue, I wrote Coach Jim Howard at the University of Nebraska to ask him if he would write an article about the new US Elite Coaches Association for Men (CA-M) for the magazine's department covering USGF Member Associations and their activities. It was only after the letter was mailed, that I think to ask if CA-M had been voted onto the USGF Board of Directors at their semi-annual meeting held this time in Indianapolis in early October. Surely the coaches whose gymnasts make up the USA National Team and who are clearly the most concerned with men's program direction and US competitiveness in the international arena would receive recognition and a vote on the USGF Board. I took it for granted, failing to notice the trends and the winds of politics — for the playing the game of politics is all that can be interpreted as. It makes little sense to subscribe to the "good 'ol boy" theory and make the CA-M "pay their dues" ... the sport is evolving too fast. These men are the USGF when it comes to the USA National Men's Team. To not allow the coaches better representation was unacceptable to me.

After all, the Board set its own precedent exactly one year ago when they voted approval for the US Elite Coaches Association for Women. A move that was long overdue them.

It is important not to confuse politics and bureaucratic machinations because like most all free world institutions, the USGF does operate under the democratic process. Between Rules of Order in this case. And as pointed out in the Bylaws of the USGF Constitution, the CA-M had in the proper time-frame submitted their application to the Board, who accepted it and then sent their application to committee for review and recommendations.

When I spoke with Coach Howard about my mis-constructed letter, he talked about the confusing entry of the Board meeting and of the rejection of the Men's Coaches. The USGF Men's Membership Committee had in fact approved of their application and had recommended acceptance, but during the fall Board meeting agenda discussion on membership, that set out committee member rows to speak in defense of the Membership Committee positive recommendation. Following, there was a call for a vote, and the US Elite Coaches Association for Men was not approved for membership in the USGF instead.

One argument in defense of such a vote could be that those men could, in fact, be "double-dipping" into votes, noting that they were already represented by the National Association of College Gymnastics Coaches for Men (NAGGC-M). However, only those unaware of the trends evolving in men's gymnastics and especially so in the NCAA could make such a statement. The NCAA coaches have for years been the backbone of men's national and international gymnastics, until recently faced with economic extinction, the NAGGC-M (by accepting NCAA rule mandates) were forced to turn their backs on progressive US

international competition as they have continued to de-emphasize competition in the past few years. And folks aware of the trends of competitive strategies for international competition realize how important competitors are. Those aware also realize that only an emphasis in competition for competitors will then guarantee its important inclusion into developmental training at all levels of the sport as well.

No, the men were not double-dipping. The sport — inside the cause and effect of world economics — is evolving for the men. Whereas, the NAGGC-M being directly affected by the direction of the NCAA, does not sufficiently today represent the best interests of the international athletes. As mandated by the US Congress and the Amateur Sports Act of 1978, the USGF, as the internationally and nationally recognized National Governing Body of Gymnastics is solely responsible to coordinate all international efforts including competition and program direction. Having such a toll position, the current USGF structure must allow for full representation of all responsible organizations who wish to have a voice in USGF direction and policy.

The US Elite Coaches Association for Men is a group of dedicated and hard working men asking to represent their niche in the gymnastics community. Many are collegiate teachers as well as coaches, while others are businessmen/coaches in private clubs. They are not politicians or bureaucrats. In retrospect, this is obvious by example of the two potential political blunders made just prior to the USGF Board Meeting.

First the CA-M sent a letter to the National Association of Gymnastics Judges agreeing with the world-wide talk that international competition staged in the US were taking on quite a "home-court advantage", as it were. The letter also emphasized the need for a greater harmony in direction between coaches and judges, to continue on in a progressive manner. The CA-M did not endear itself to those voting representatives on the USGF Board of the judging community. The letter was effective — the timing was wrong ... bad politics.

Secondly, the Junior Boys Gymnastics Coaches Association also applied for recognition at the same Board meeting. Again, right idea — wrong timing. Obviously, the USGF Board Members appeared scared enough to cast a negative vote by either a show of force by "coaches" or by "men" or both. Whichever, the junior coaches should have waited until spring.

The need for directional input by the CA-M seems paramount. Hopefully, the CA-M will continue their efforts.

The CA-M situation highlights another emerging potential issue for the Board of Directors. Namely, that of the continual fracturing of the gymnastics community into a multitude of associations, and more importantly the directions these 18 plus different associations through their own Board representatives are guiding the sport towards. For example, how many different coaches associations are needed? Today four are on the USGF Board, (NAGGC Men, NAGGC Women, US Elite Coaches Women and National High School Coaches Association) with the possibility of an additional two more (US Elite Coaches — Men and Junior Boys Gymnastics Coaches). A re-evaluation of the current decision making apparatus could be beneficial in researching the structure of many other amateur/Olympic sports. It appears that bureaucratic processes are less cumbersome, streamlined in comparison and perhaps more efficient.

This political animal gets boring to deal with at times, especially when it seems tainted by a lack of progressive direction but since it is a reality ... then let's get on with it. If "politics" is "the game" then those who wish to play should take on the Soviets and the eastern block and the FIG, and leave the athletes and the children alone and let *er* of the decisions based solely upon political/personal maneuvering.

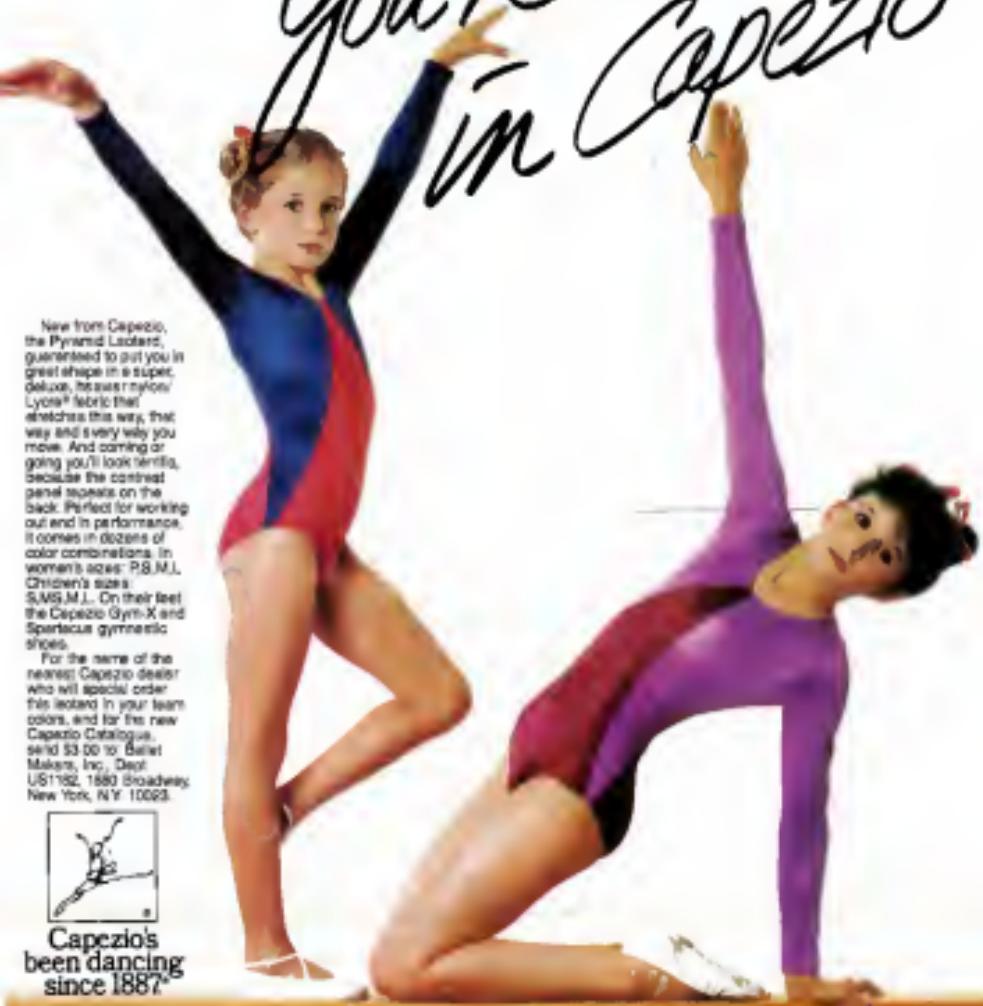
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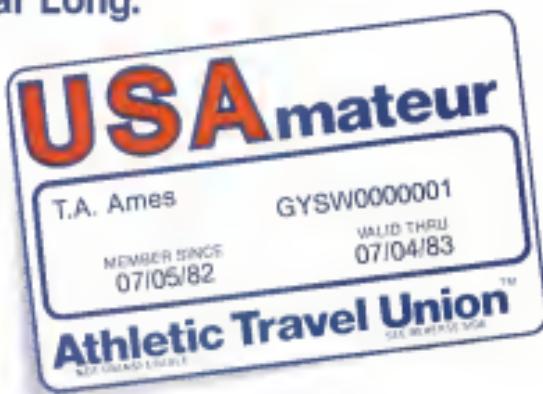
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